TROPICAL TRIALS

A HANDBOOK FOR WOMEN IN THE TROPICS

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TROPICAL TRIALS.

A HAND-BOOK FOR WOMEN IN THE TROPICS.

TROPICAL TRIALS.

A Hand-book for Women in the Tropics.

BY

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AND

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WITH MAJOR S. LEIGH HUNT OF "ON DUTY UNDER A TROPICAL SUN."

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THIS BOOK IS DEDICATED

BY THE AUTHORS

TO

ANNA TATAM,

AS A TOKEN OF ESTEEM AND RESPECT;

AND, ALSO,

AS A TRIBUTE

TO THE MEMORY OF HER LATE HUSBAND,

BY WHOSE BEDSIDE,

DURING HIS LAST PAINFUL ILLNESS,

CONTRACTED WHEN ON SERVICE IN INDIA,

SHE MAINTAINED AN ALMOST CEASELESS VIGIL

EXTENDING OVER MANY MONTHS.

PREFACE.

SHORTLY after the publication of their previous work—"On Duty under a Tropical Sun"—the authors received requests from several ladies asking them to write a book containing suggestions as to the maintenance of health, clothing, travelling, and the management of children, for the guidance of women in the tropics.

In response to these requests and encouraged by the very flattering reception their previous work met with, the authors have written this book—"Tropical Trials," as a companion work to "On Duty under a Tropical Sun."

Each book is complete in itself, but the former is intended for *women*, and the latter, more especially, for the use of *men* in the tropics.

The authors have limited themselves, as far as possible, to the consideration of matters which have come within the range of their own personal experience; and where they have, as in some of the latter portions of the work, availed themselves of the suggestions of others, the source from which such information was obtained, has been mentioned. If, in any case, such acknowledgment has not been made, the omission will, they trust, be regarded as quite unintentional, and the acknowledgment now offered be deemed sufficient.

Lastly, in bidding good-bye to their friends of the gentler sex, the authors trust that after a perusal of the work, they will have no reason to be dissatisfied with the way in which the task they imposed upon them has been fulfilled.

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TROPICAL TRIALS.

CHAPTER I.

INTRODUCTORY.

MANY and varied are the difficulties which beset a woman, when she first exchanges her European home and its surroundings for the vicissitudes of life in the tropics. Few can realise the sacrifices they will be called upon to make in taking such a decided step; many home comforts, and the host of nameless social fascinations, so dear to a woman's heart, have to be given up, while the attractions offered by the irresistible "day's shopping," the box at the opera, a few of our summer recreations,

and nearly all our winter amusements, must be temporarily relegated to the list of past pleasures.

This sudden and complete upset of old-world life, and the disturbance of long existing associations, produces, in many women, a state of mental chaos, that utterly incapacitates them for making due and proper preparations for the contemplated journey. At such a time, the "dear, kind, sympathising" female friend sees her opportunity, and eagerly proffers advice, which, though doubtless prompted by the best intentions, from its utter impracticability, only serves to further complicate the situation.

This little book will, we trust, enable a woman not only to judge for herself, as to what things it may be necessary to take with her from home, but will also be useful as a small handbook to refer to on points affecting her own, or her childrens' health, and on matters connected, generally, with travelling, diet, and residence in the tropics.

With the present rapid means of travelling,

the transition from a temperate to a torrid zone, occupies a comparatively short time; whereas, formerly, many weeks elapsed before such a marked change of temperature was experienced. This sudden accession of heat, is doubtless trying to the constitution; but if due precautions are taken, its ill effects may be reduced to a minimum. In proceeding to the tropics, the local physical peculiarities of the country to be visited, must be specially taken into account, as the actual degree of heat, is a secondary consideration as compared with the condition of the atmosphere; a high temperature being much easier to bear when the air is dry, than when the atmosphere is loaded with moisture. It is curious to note what great variations exist in the atmospheric conditions, not only in different tropical countries, but even within a comparatively limited area of any particular country. For example, on the west coast of India, with the thermometer at 85° Fah., you will, owing to the extreme humidity of the atmosphere, experience much discomfort; whereas, in the

Deccan, some few thousand feet above the sea level, and but a day's journey by rail from the coast, a much higher degree of temperature may be borne with comparative ease. The climate in India varies greatly; in the Punjaub for instance, during the winter, the thermometer ranges from 34° to 75°; while, in the summer, the heat is most oppressive. Any sudden removal from a residence in the plains to a hill station, will be associated with a rapid change of climate; on the plains, at the foot of the hills, before commencing your ascent, the heat will be sometimes almost unbearable, while six hours later, at an elevation of some 7,000 feet above sea-level, you will find a thick shawl and a good fire most acceptable. Those visiting Ceylon or Burmah, must be prepared for a generally damp climate, the result of a heavy annual rainful, and which is found to be very trying to most constitutions.

"In Egypt, the climate is exceedingly hot, but the temperature is regular, and the atmosphere dry and clear. At night-time there are heavy dews, and a cold wind sweeps over the

sandy plains, often producing sudden chills. For nine months of the year, there is a cool wind from the north, which tends to diminish the intense heat, but which, at the same time, keeps the air impregnated with small particles of sand, which add greatly to the discomfort of those who may not have adopted any special means to protect the skin, as far as possible, from its irritating effects. The Australian climate is generally dry, and, for the most part, healthy; and, although the heat is often great, there are many periods of the year, when no special form of protection for the head is required; and there does not seem to be that general dread of sunstroke and heat-apoplexy which always exists in India. In Polynesia, the temperature of the islands is, in most cases, moderate, owing to the prevailing sea-breezes; but the amount of humidity varies greatly, and this is especially the case in the Melanesian group of islands. In these, in addition to the heavy rains, which not unfrequently occur, there are often heavy night-dews, and, after sun-down, a cool wind sets in, when the

change in temperature is sometimes so great, as to render a camp-fire very acceptable.

"The greater part of China lies within a temperate zone, but at Hongkong, the temperature is liable to great variations, at different periods of the year. During the months of June and July, the thermometer frequently stands at 90°, while from December to March, it descends almost to freezing point. At Shanghai, the changes are still greater, reach- a maximum of 100°, and falling to 20° below freezing point."

In all tropical climates, a marked, and often sudden fall takes place in the temperature after sun-down; this, while exercising a generally salutary effect upon the European constitution, by its bracing action after the exhaustion of the day, must, at the same time, be provided for, especially in the case of children, who should also be carefully protected against the heavy night-dews that usually accompany such changes of temperature.

The physical resources of women in withstanding the hardships and discomforts imposed

upon them by the exigencies of tropical life, are limited, as compared with the greater strength of constitution possessed by the other sex. Notwithstanding this comparative physical inequality, much may be done by a woman of sound sense, to maintain body and mind in a healthy state, by anticipating the difficulties she will be called upon to contend against under these new conditions of life. If, from the outset, she will endeavour to realise what is before her, and, bearing in mind the good old adages, "Forewarned is forearmed," and "A stitch in time saves nine," she will exercise her calm judgment in meeting difficulties as they may arise, there is no reason why she should not come off victorious in her struggle with *tropical trials*.

CHAPTER II.

CLOTHING AND OUTFIT.

Dresses.—Children's Dresses.—Riding Habit.—Mantles, Jackets, &c.—Hats and Bonnets.—Artificial Flowers, Laces, Ribbons, &c.—Gloves.—Under-linen.—Stockings.—Boots and Shoes.—Children's Clothes on board Ship.—Travelling Trunks, &c.—Hints on Packing.—Mosquito Curtains.—Punkahs.—Umbrella.—Goggles.—Lounge Chair for 'Board-ship Use.—Guide Book and Map.—Toilet Requisites.—Music.—Books and Albums.—Stationery.—Drawing Materials, &c.—Berlin Wool, Silks, &c.—Sewing Machine.—Piano. — Saddlery. — Filter. — Lamp. — Hurricane Lantern.—Candlesticks.—Cutlery and Plated Ware.—Knife-cleaning Machine. — China and Glass.—"Yale" Padlocks.—Table and House Linen.—Cretonne for Furniture.—Lace Curtains.—Table Covers, Chromos, Wall Brackets, &c.—Sundries.

THE remarks we have to offer on this subject, are, necessarily, of a very general nature, as,

not only will the peculiar climatic features of the country to be visited have to be taken into account, but, in providing an outfit, the probability of your having to go much into society must be duly weighed. Thus, a lady going to take up her residence in Brisbane, Calcutta, Hongkong, or Rangoon, where there is much gaiety during the season, and the latest fashions are worn, would, naturally, require a more varied and expensive outfit, than one going to an up-country station—in the same manner, as the requirements in the matter of dress to meet a London season, would be much greater, and of an entirely different description, to what would suffice to pass the same months down in a quiet country town. At the same time, it must be borne in mind that, whereas formerly, men and women in India and the Colonies were, in a great measure, at the mercy of local handicraftsmen, not only as regards the cut of their clothes, but also for the material of which they were made, nowadays, with increased facilities of communication, those odd-fashioned garments affected by our ances-

tors are entirely out of date, and in tropical countries, except in the matter of material, women wear pretty much what they wear at home.

Before leaving home, a lady would do well to leave her measure with a good and reliable dressmaker, who may know what suits her both as regards colour and style, so that, on application, she may ensure being satisfactorily supplied with a dress that will require no subsequent alteration: native tailors are generally quite adrift unless they have an exact pattern to copy.

The Pattern and Parcel Posts are great boons to those residing abroad, as by their aid, and an occasional "box from home," a lady can easily keep her wardrobe replenished, and avoid the necessity of paying in a native shop double or treble home prices for possibly unsatisfactory articles.

Dresses.—For morning and hot-weather wear, you should take a good supply of pretty and fashionably-made washing prints, cottons, sateens, &c.; and be careful to select "fast

colours." Several sets of bows and sashes, in different coloured ribbons, will be found most useful to wear with white dresses.

For cold weather and the rainy season, a light make of serge, cashmere, or any of the various light woollen materials now manufactured, is suitable.

For 'board-ship, a black or blue flannel or serge for first portion of voyage; a few prints or cottons for the Red Sea and tropics; and a silk dress to wear at dinner, or in the evenings, with a few sets of lace ruffles, &c. to make some little variety.

Tennis players should provide themselves with a flannel costume.

For travelling on land, by rail, &c., a grey or dust-coloured dress of a very light woollen material, simply and loosely made, will be found most comfortable and serviceable.

The present fashionable "tea-gowns," made of light material, are most suitable for tropical wear.

For those who cannot afford a great variety of dresses for dinner and evening wear, one

handsomely made black dress, with two bodies, will be found useful and economical, as, with a little tact, and tasteful arrangement of laces and floral dress trimmings, "many changes can be rung upon it."

Children's Dresses.—The above remarks, as regards material, apply equally to dresses for children; but we would especially impress, that all children's dresses should be made loose and easy, so as to afford freedom to body and limbs. A good supply of paper patterns will be found most useful, as native tailors are very skilful in cutting out and making-up, if they only have a good pattern to copy.

Riding Habit.—This should be made by some first-class tailor who makes riding habits a *specialité*. In ordering, select cloth of a lighter make than that used in England: a good description is that known as "The Oriental Cloth." If required for rough, or jungle wear, the habit should be made of serge. In India, a pith "topee" (hat) should be worn in the morning, while the stiff felt

usually worn at home, may be used for the evening ride. A supply of chamois leather gauntlet gloves will be found cool and comfortable for morning wear when riding.

Mantles, Jackets, &c.—The fashion of these garments is ever changing. In selecting, you should bear in mind, that in a very hot country, tight-fitting clothes are most irksome and uncomfortable, while all unnecessary weight in the shape of trimming, &c., becomes an extra tax upon the strength of the wearer.

A good supply of shawls and wraps, of different sizes and textures, will be necessary to meet the sudden changes of temperature to which you will be exposed, especially when travelling. Select materials that give warmth, without being too heavy.

You must be prepared for roads that, during a considerable portion of the year, will rival in dustiness the road to Epsom on a Derby day. A silk alpaca dust-cloak, would be a useful item in an outfit.

When driving at night, to and from places of entertainment, in an open carriage, pretty

little wool wraps to throw over the head, and an opera-cloak, are requisites that should not be overlooked.

A light alpaca waterproof cloak, will be found useful during the rains. The waterproofing should be faced with cloth on both sides, or it will be found to stick together during the hot weather.

We would certainly not advise your purchasing afresh, but, should you already possess a sealskin jacket or any furs, you would do well to consider the possible contingency of your having to visit a hill station, and if any doubt exists in your mind, find a corner for them in your trunk. In parts of China during the winter months, and in India, up at Simla, or on the Nilgiri Hills, ladies find many occasions when a warm fur cloak can be worn with much comfort.

Hats and Bonnets.—There are but few occasions when it is really necessary for women to expose themselves to the influence of a tropical sun; but, as a matter of fact, their doing so, is a matter of almost every-day occurrence.

Starting late for the morning walk without an umbrella, or forgetting the lapse of time in the pleasure of a canter, they do not think of the distance they are from home, and the ground that has to be covered ere they can regain the shelter of a roof, until, perhaps, the powerful rays of a tropical sun act as a most unpleasant reminder. If, at such a time, the head and spine be well protected, no harm may perhaps result beyond a little temporary discomfort, followed by a slight headache; but, only too frequently, the head protection, if indeed there be any worthy the name, is utterly inadequate, and a serious illness, that often ends fatally, is the penalty that is paid.

We are perfectly willing to admit that a "sun topee" made of pith, or a felt hat or helmet large enough to afford effectual protection to the wearer, is not, as a rule, a becoming head-dress, but, in certain countries, there is no alternative without running a dangerous risk, therefore, ladies who cannot submit to so small a sacrifice of personal appearance, must take good care not to be

out of doors after the sun has begun to mount in the heavens.

Should you, however, ever find yourself in such an unpleasant and dangerous predicament, you will experience relief and protection, by placing a wet handkerchief, or a fresh plantain leaf, in the crown of your hat, and so arranging it, that the ends shall hang down and cover the back and sides of the head.

Excellent pith topees, in every variety of shape, can generally be purchased in the countries in which they are worn, and at far more reasonable prices than at home; but you will require a substantial hat during certain portions of the voyage out—especially in passing through Egypt and the Red Sea. A "Terai" hat, made of double grey felt, would be, perhaps, most appropriate and becoming. As a further protection, several folds of white muslin could be wound round this hat, so as to form a "puggaree," leaving an end some twelve inches long to hang down at the back and protect the nape of the neck.

Do not forget to take several full-sized,

coloured silk gossamer veils to wear with your topee: the dust and glare are very distressing. Green is the colour that affords most relief to the eyes, and is, therefore, the best colour with which to line the brim of your topee.

For evening wear, in the hot weather, a light and cool material for a hat or bonnet is a *desideratum.*

In damp countries, like Burmah or Ceylon, feathers are very difficult to keep in curl; while all steel ornaments rust very quickly.

If you have any skill in millinery, you should take a few becoming bonnet shapes: a fashionable bonnet sometimes costs "out there" more than its weight in gold, and could you even afford the outlay, the chances would be very much against your getting one that would be really becoming, the selection being generally very limited.

Artificial Flowers, Laces, Ribbons, &c.—Take with you *a most liberal supply* of tulle, net, lace, ruffles, frillings, white and coloured collars and cuffs, artificial flowers, ribbons, and all the

little "et ceteras" that go so far in rehabilitating the oft-worn dress or bonnet; and, if possible, arrange that periodical supplies shall be sent out to you. All these articles are most liable to spoil by damp, and should be kept in air-tight boxes. You will require a good supply of haberdashery. Needles must be specially protected from damp. Elastic lasts but a short time in hot countries, and requires to be constantly replenished. Keep all your pins, needles, &c., in a box, and under lock and key, for natives have a particular weakness for such things, and ayahs especially look upon them as perquisites.

Gloves.—Kid gloves are very expensive in tropical climates, which is scarcely to be wondered at, when we consider how difficult it is to keep them from deteriorating when kept in stock. You should take a good supply. To save them from becoming spotted (as will inevitably happen if proper precautions be not taken), you must pack each pair separately in several folds of white tissue paper, and then place in a wide-mouthed glass bottle, where,

securely corked up, they may be kept perfectly air-tight. They should be well aired before a fire, previous to being packed. This is the only really effectual way of preserving kid gloves that we know of.

For ordinary wear in the tropics, during hot or damp weather, silk gloves, gants de Suede, or silk mittens, will be found most comfortable.

Under-linen.—You will want a large stock of under-linen. Native washermen are sometimes obliged to keep clothes a great length of time during the rainy season, in consequence of the difficulty of drying, and, with only a limited supply, you would be placed at considerable inconvenience, especially as frequent changes are required in a hot climate. If you took out the necessary material, your stock could easily be replenished by native tailors (called *durzees* in India), who are deft and inexpensive workmen. Indian gauze vests should be worn next the skin. Special protection against damp will be required during the rains, in the shape of light flannel petticoats, &c. All under-linen

for tropical wear, should be lighter in texture than that worn at home.

Stockings.—Silk stockings are universally admitted to be the most comfortable for wear in the tropics: Lisle thread are, perhaps, next best. Coloured stockings are bad; not only do the colours come off on to the skin in a hot climate, but native washermen have an apparent prejudice against "fancy hose," judging by the pains they take to wash the same white. Any old resident in the tropics would be inclined to look leniently upon any little extravagance in purchasing this portion of the outfit, knowing the comfort of a silk stocking, when the thermometer registers over 90° in the shade.

Boots and Shoes.—We have been particular to impress upon you in another portion of this book, that your health in the tropics will, in a very great measure, depend upon your taking a regular and sufficient amount of out-door exercise, either in saddle or on foot. If circumstances will not permit of your riding, you must at least make arrangements to ensure

your daily walk, and the comfort and benefit to health you should derive from such exercise, will be sadly interfered with if you do not provide yourself with proper walking-boots. When a woman's daily walk is possibly limited to half an hour's slow promenade up and down a carefully-levelled fashionable parade, it does not, perhaps, very much matter whether she balances herself on her toes or her heels, in her efforts to subscribe to the cruel dictum of an absurd fashion; but when she has to walk to preserve her health, it becomes altogether another question, and it is necessary that she should wear a boot or shoe, that will not only permit of free circulation of blood, but will allow unobstructed play to the muscles and bones of the foot.

For morning walking, we would recommend an "Oxford" shoe, made in kid, or the very finest description of French calf. Made not too pointed at the toe, and with a heel of moderate height and sufficient breadth, placed in its proper position at the end—not the middle—of the boot, such a shoe will not only afford you

true comfort and pleasure in walking, but will look both neat and appropriate. If you must have the fashionable boot of the period, into which the foot is wedged like the metal cutter in a carpenter's plane, at least keep it to wear on occasions when exercise is neither desired nor necessary. Many ladies prefer a boot to walk in. Button-boots, or boots to lace up the front, not only give support to the ankle, but are, perhaps, cleaner than shoes for walking on a dusty road; but shoes certainly have the advantage of being much cooler. Boots with elastic-sides are bad to wear in a hot country: when new, the pressure of the elastic round the ankle causes the feet to swell and become very tender; and, when the elastic perishes, as soon happens, they lose their shape, and become loose and unsightly. For house-wear, we recommend the lightest make of shoes. You will require a good supply of boots and shoes, and should be amply provided with laces, buttons, rosettes, buckles, and shoe-ribbons. Such boots as you do not require for immediate wear, should be secured in air-tight boxes: not to

mention the ravages made by mice, cockroaches, moths, and white ants, the tropical "poochee" (insect) generally, is merciless in its attacks upon kid, and all kinds of leather, except Russia leather. When not in actual wear, your boots and shoes should be kept in a tin box: it is no uncommon thing to take off a pair of new kid boots at night, and to find in the morning, that large patches of the surface of the kid have been nibbled away by insects, and the boots, as far as appearance is concerned, absolutely destroyed. In very damp climates, all leather and kid boots shrink more or less, while the feet have a tendency to become excessively tender. Patent leather is not suitable for wear in tropical climates: it is neither porous nor elastic, and draws the feet most painfully.

"Boot mufflers" will be found most comfortable when travelling by rail. During the rains, a set of boot-trees will be found most useful: you should also take with you several bottles of "kid reviver," or some good preparation for reviving kid. Ordinary boot varnishes are of very little use in the tropics; in

hot weather, the varnish thickens in the bottle, and cracks after being applied once or twice on the boot; while in damp weather, it loses its gloss and peels off. For leather boots, there is nothing like good blacking, of which you should take out a supply, together with a set of boot-brushes.

You will find it true economy to get your boots and shoes from a first-class ladies' boot-maker, and you should spare no trouble in getting properly fitted, especially bearing in mind when being measured, that *in all hot countries the feet are apt to swell, and are generally much more tender than they are at home*; consequently, you should insist upon having *an easy fit*. This remark applies also in purchasing kid gloves, the hands having also a tendency to swell during the hot weather.

Children's Clothes on Board Ship.—Where there may be several children to clothe, the question of what clothes should be provided for a long voyage, becomes rather a serious one. On board ship there are no facilities for getting

clothes washed, while on steamers, notwithstanding all the daily scrubbing and polishing, there are portions of the deck where smuts are certain to accumulate, and, with a strange perversity, children seem to love to select such dirty corners to play in. Often do we hear a mother exclaim, in tones of despair, as some dirt-begrimed little urchin crawls on all-fours towards her across the deck—"Do look at baby! Would anyone believe he had clean clothes on not an hour ago!" You may be perfectly aware that, as far as the actual health and bodily cleanliness of the child is concerned, it is only necessary that the clothes should be changed at stated periods, but, as a mother, you would naturally wish your child to look clean and tidy on all occasions, and, to ensure this, requires some little careful pre-arrangement. As a general rule, only very young children would accompany their parents to a tropical country, and their outfit would, in a great measure, consist of light-coloured print and cotton dresses, and white under-clothes; but the largest stock of such garments would

soon be exhausted on board a steamer, and you would be much inconvenienced, unless you had a supply of dark-coloured clothes to save washing, and that would help to "eke out" the other clothes on a long voyage.

For the early part of the voyage, a little costume prettily made in dark-blue serge or flannel (carefully avoiding any white braid or light-coloured trimming), a scarlet "stocking cap," knickerbockers of coloured flannel, blue or black socks, and soft leather strap-shoes, would be neat and suitable. Later on, in the Mediterranean, when the weather begins to get warmer, the serge suit might be replaced by a suit of blue-striped shirting, tastily made up with deep sailor-collar and cuffs of dark navy-blue. In the intense heat of the Red Sea, a "combination" suit made of the lightest description of grey flannel, worn under a pinafore, would be about as much clothing as any child would either require or submit to; you should, therefore, provide several such little combination suits, taking care to select patterns that will admit of their being worn without

upper garments. They should be made loose and easy, and the sleeves should not reach below the middle of the upper arm.

Children should always sleep in flannel in the tropics, and the hotter the weather, the greater will be the necessity for such precaution, for it is when in a state of perspiration, that there is always the greatest risk of their getting a sudden chill. The flannel selected, should be of the softest and finest description; the pattern, "combinations," fastening at the back, and the legs of the trowsers extending beyond the feet, and closed at the ends, so that a child cannot ruck them up the leg during sleep, and, thus, become a prey to mosquitoes. While making up loosely, all gathers at the neck or waist-band should be avoided, as they add to heat and discomfort; the neck should therefore fasten with a button, and not be "run" on a string.

For girls, a pretty little close-fitting cashmere hood, with a deep fall at the back, will be found warm and comfortable for travelling at night, or in cold weather, as it affords good protection

to the ears, neck, and glands. The strings should be broad, and made of the cashmere, as tape or ribbon not only gets into knots, but cuts the chin.

A large supply of pretty coloured pinafores will be found most useful on board ship.

For the early morning, children should have neat little flannel dressing-gowns to slip over their sleeping-suits; and it is necessary to be provided with some light woollen wraps to put on them towards evening, when the heavy dews begin to fall.

Red flannel is not suitable for wear in the tropics—the dye comes off.

Special attention must be paid to a child's head-covering when once you enter hot latitudes. Ordinary straw hats, are by no means a sufficient protection, and should have several folds of muslin wound, not only round, but over the crown of the hat, with the double ends hanging down, so as to protect the back of the neck.

When once you have entered the tropics, you must be most careful to prevent your child from straying from beneath the shade of the

deck-awning: carelessness in this respect would inevitably expose your child to the risk of sun-stroke, *and you must remember, that there is just as much risk from exposure on a dull cloudy day in the tropics, as there is when the sun shines brightly.*

Travelling Trunks, &c.—In getting together this portion of your outfit, there are several points to be remembered:—

I. To combine the maximum of strength with the minimum of weight.

II. To select shapes and sizes that can be most conveniently packed and carried when travelling.

III. To obtain trunks best calculated to preserve your clothes, under the peculiar conditions of the climate of the country you may be about to visit.

In countries where the climate is generally hot and dry, and the annual rainfall small, the most serviceable form of trunk to take is the *Saratoga Trunk.* It is made of wood strongly

bound with iron, has an iron bottom, covered with leather firmly attached to the wood, and is lined inside with holland. There is a convenient tray with numerous compartments for bonnets, gloves, &c. This trunk is both wide and deep, rounded at the top, runs on castors, and, being strongly made, is well adapted for the hold of a ship. For cabin use the *State Cabin Trunk*, which is of the same make as the *Saratoga Trunk*, with the exception, that the tray is not divided into compartments, will be most suitable. It is wide and shallow, being especially made with a flat top to allow of its passing easily under the berth of a ship's cabin. For Burmah, Ceylon, the western coast of India, and other countries, where the annual rainfall is excessive, and much damp prevails for the greater portion of the year, you should provide yourself with a *Dress Basket*. These baskets are made of stout wicker, covered with cloth and lined with twill; they are very strongly made, and suitable for the hold of a ship. For use in the cabin, or for travelling overland, the *Ladies' Wicker Overland Trunk* will be found

more serviceable. These trunks are made of the same description of material as the *Dress Baskets*, but shallow, so as to allow of their being placed under the berth of a ship's cabin, or beneath the seat of a railway carriage. The "Dress Baskets" and these trunks will be greatly improved, and the preservation of their contents in sound condition will be all the better ensured, if you have them lined with tin, and this you can readily have done at a very trivial extra cost.

Travelling Bath.—You should not omit to provide yourself with one of these baths. They are made of thin sheet-iron, painted and varnished, and provided with a cover to fasten with a strong strap and padlock. When travelling, it forms a box, into which may be loosely packed a number of odds and ends required for daily use, and when it is unpacked, you always have ready at hand the means of obtaining a refreshing bath, and this is a special consideration in the tropics.

You can obtain any of the above-mentioned trunks of Messrs. W. T. & J. F. Gibson,

merchants and manufacturers, 20, Aldermanbury, London, E.C.; and we would recommend their stock, comprising every variety of box and trunk, as worthy of your personal inspection.

Bag for Soiled Linen.—Should be made of stout canvas, of ample dimensions, and furnished with strong leather handles, and good lock and key. There is a regular pattern provided by outfitters. If you have children with you, more than one canvas bag will be necessary.

Small Hand-bag.—One or two will be found most useful. Russia is the only leather that insects will not attack. In any case, a strongly-made leather bag should be selected, as it is likely to have rough usage. Bags, with polished steel rings to fasten the handles, steel lock-plates, &c., are unsuitable, as the steel soon rusts, especially when at sea, or in a damp climate.

Luggage Labels, &c.—Your name should be legibly painted on all your trunks, travelling bath, and bags for soiled linen, and your

initials should also be painted, in large letters, at each end of the trunks. Baggage intended for the cabin, should have the word "Cabin" legibly painted thereon, and the trunks should be numbered seriatim.

All address labels should be of specially prepared toughened paper or parchment, the addresses legibly written, and the labels securely fastened to the body of the box. If boxes or trunks are protected with canvas covers, the name and address of the owner should be affixed both to the box and the cover, as covers frequently get torn and mislaid. You should take a good supply of blank luggage labels.

Keys.—Keys should be kept on a good split ring. You should be provided with duplicate keys for all boxes, which should be kept in your writing desk, and the duplicate key of the desk should be attached to your watch-chain. You will be spared much and frequent annoyance and inconvenience, by looking after your keys most carefully: only those who have had to travel with insecurely-fastened

boxes—the locks of which, having been forced, are useless—can fully understand the miserable discomfort entailed by losing one's keys in a foreign country, surrounded, as you may perhaps be, by "light-fingered" natives. You will find it a great convenience, to have a little ivory label attached to each of your trunk keys, with a printed number corresponding with the number on the trunk particularised. A couple of good, stout leather straps round each of your trunks, will greatly ease the strain upon the locks and hinges. Keys carried continually in the pocket, or in a small wash-leather bag, retain their brightness.

Hints on Packing. — Until you have had some experience in travelling, you can scarcely expect to be able to so arrange the contents of your boxes, as to have every article you are likely to require "ready to hand" at the proper moment, but, by thoughtful and careful packing, you can, at least, spare yourself much unnecessary trouble and inconvenience on your journey. It is sufficiently troublesome, at any time, to have to lift out heavy trays,

and, perhaps, half unpack a large box of clothes, in search of some trifling requisite; but, in the confined space of a small cabin, such a necessity becomes a positive labour, especially if the temperature of the cabin be equal to that of a highly-heated glass-house for tropical plants, as is frequently the case.

Do not begin to pack until you have got together all your outfit, and can see, at a glance, what things you have to take.

Collect your outfit and trunks into a large empty room containing a good fire.

Open all your trunks, and lay them on their sides facing the fire, so that the interiors may become thoroughly aired before the packing commences.

It is essential that each article of clothing, &c., should be thoroughly aired before a good fire immediately before it is packed.

Divide your outfit into three parts :—

I. All clothing and articles which will not be required until after you have reached your destination.

II. Clothing you will require for the first portion of the voyage, and the toilet necessaries, &c. for your cabin.

III. Clothing intended for the latter half of the voyage.

Pack the first portion of your outfit (I.) into one or more of the heavy trunks intended for the hold of the vessel, placing in each corner of the trunk, and between every alternate layer of clothes, &c., lumps of camphor, secured in little muslin bags: these will keep away cock-roaches and other troublesome insects. As you pack each trunk, you should get a friend to roughly note down, on a piece of paper, seriatim, the various articles as they are placed in the trunk. When the packing of the trunk is completed, a neat list of the contents should be made out in the order in which they are packed, and pasted on the inner side of the lid for future reference. If you do not mind the trouble, it is a very good plan to make out these lists in duplicate, and keep one copy in your desk: in case of any of your boxes being lost or mislaid, the possession of such a de-

tailed list, would greatly facilitate any claims you might advance for damages or compensation. Such space in your heavy trunk as may be left after packing the first portion (I.) of your outfit, should be filled up with the clothing (III.) you will require for the latter half of the voyage.

Then pack the clothing (II.) you will require for the first portion of your voyage, in your flat cabin trunks, arranging the different items, in the order of their probable requirement, from top to bottom. All laces, collars, and light things should be handily arranged in the tray, so that they may be got at without any trouble. Your jewel-case should be packed away in the heavy trunk: small articles of jewellery required for every-day use, might conveniently be kept in your desk. When at sea, passengers are allowed periodical access to the heavy baggage for the purpose of replenishing their stock of clothes, as the small trunks that can be contained in a cabin are not calculated to hold a quantity sufficient to last during a long voyage.

On "Box day," a notice is generally posted up in the saloon, stating the hours between which passengers can have access to their heavy baggage, and, on application to the officer in charge of the baggage-room, you can have up any trunk you may require to open: the advantage of being able to point out the special trunk you may require is self-evident.

By carrying out the suggestions we have offered above, as to the arrangement of your packing, you will, when necessary, be able to replace the warmer portion of your outfit, by the lighter garments required for tropical wear, without having to go into any of the anxious mental calculations that bewilder the unfortunate woman, who, having packed "haphazard," empties box after box in search of some missing article, to a wailing accompaniment of "I packed it with my own hands!"

Mosquito Curtains.—These are indispensable in the tropics. They should be made of the best green or white net ("mosquito net"), bound at the edges with strong binding tape.

One set will be required for each bed. The dimensions would, of course, vary with the size of the bed, but would average six feet long, by four feet wide, with sides to hang down all round, about four feet and a half. Take the materials with you, and get them made up on arrival at destination—after you have purchased your beds. Choose net of medium coarseness; if too fine, it excludes the air, while, when too coarse, small mosquitoes find their way through the holes.

PUNKAHS.—When the heat is very oppressive, many people prefer to sleep under a punkah, to using mosquito curtains; but, unless the punkah be hung low, and have an ample frill, mosquitoes will neither be checked in their onslaught upon the sleeper, nor will there be a sufficient current of air created to ensure coolness. When the punkah frill is scanty, and hung too high, much comfort may be obtained, by securely pinning a large bath-towel to the lower edge of the punkah frill, so that, when swinging, it will clear the face of the sleeper by about twelve inches. If

mosquitoes are very persistent in their attacks, additional towels may be pinned at each end of the punkah, so that when hanging lengthwise, they just clear the sides of the bed, and beat off any "flank attack" by the enemy.

Umbrella.—Have a white cotton cover made to fit neatly over your silk umbrella, and, in addition, for morning use, provide yourself with a white cotton umbrella lined with dark green. Messrs. Sangster & Co., of Regent Street, have shown us several umbrellas in every way suited for tropical use.

Goggles.—You will find a pair of goggles afford the greatest relief to the eyes. When travelling, the glare, dust, and "eye-flies," are sources of most painful discomfort. We would recommend "Calhin's patent"—"The Ochiomba," a special form of goggle, in which the metal is reduced to a minimum. These can be procured from Messrs. Weiss & Son, Strand.

Lounge-chair for 'Board-ship use.—You will require a comfortable chair for use on deck. Indian or Colonial outfitters keep several patterns in stock, from which you could select.

Chairs get much rough usage on board ship, and should, therefore, be very strong. Do not purchase a chair until you have assured yourself, by sitting in it, that it is in every way a thoroughly comfortable one, as you will be likely to pass many hours in it on the voyage out. A chair with a folding foot-rest will be found most comfortable, and a couple of well-stuffed sofa cushions, covered with dark cretonne, will be a welcome addition. Your name or initials should be legibly painted on the back. These chairs afterwards come in most handily for verandah use in your tropical home.

Guide Book and Map.—A small guide book, with a good map of the country to be visited, should be taken. Messrs. Henry S. King & Co., the well-known agents and bankers, have lately compiled two small handbooks, containing, in a compressed form, a mass of useful information, that will be of the utmost value to outward or homeward-bound travellers, to and from India and the East. These little books can be obtained gratis, on application,

at their offices, 65 Cornhill, and 45 Pall Mall, London; and we would strongly recommend those going to the tropics, to avail themselves of Messrs. Henry S. King & Co.'s liberality.

Toilet Requisites.—You should take with you a good supply of everything you may require in this shape, as all such articles are most expensive in the tropics. The hair out there is apt to become very brittle, and also very weak, coming out in large quantities; good hair tonics and washes may therefore be looked upon as *necessaries*. "Terebine" soap will be found to allay the irritation of the skin produced by excessive perspiration. Prepared fuller's earth will be found an excellent skin powder to use. In some tropical countries, at certain seasons, dry, cutting winds prevail, which cause the lips to chap; glycerine jelly, or Vaseline, would be found useful. You must be careful what toilet powder you take; certain powders are most dangerous to use at home, but in the tropics, where the pores of the skin are so often in an open and relaxed state, the use of a bad powder might be followed by

serious results. It is a mistake to rely on getting good sponges *en route*, either in Egypt or at Aden; an opportunity to purchase might not occur, and, even if it should, you require to be a good judge of sponges, or you are likely to get cheated. Take one or two large-sized bath-sponges, and a few small fine ones. One of the simplest and best methods of cleaning a sponge is to soak it in a strong solution of common, coarse salt and water, then rub in a lot of dry salt, and, finally, rinse in several waters. A well-stoppered bottle of smelling-salts, in a leather case, some good Eau de Cologne, and toilet vinegar, and a box of Piesse and Lubin's "Ribbon of Bruges" (for fumigation), will be found useful.

Music.—All music should be bound into handy, thin books, as insects play sad havoc with loose music. Keep out a few songs—"Christy Minstrel" melodies, and other pretty part songs with choruses—and also some dance music, for 'board ship. Do not leave any music behind on the score of its being old-fashioned, you will find many on the other side of the

world who will thoroughly appreciate music that revives old home reminiscences.

Books and Albums.—These are most difficult to keep in good order: not only the extreme variations of climate—intense dry heat that causes the leaves of a book to curl up, followed by damp that will cover the outside with mildew—but the ravages of countless insects have to be encountered, and none but the very strongest and best bindings can stand long. All albums should be protected with good quilted covers. Any valuable books should be packed in tin-lined boxes, but you would do well not to hamper yourself with more books than you absolutely require, especially if going to a damp climate.

Stationery.—Take a good supply. When purchasing overland paper, bear in mind the limit of weight allowed for foreign postage. Take lots of small-sized cheap note-paper: sending verbal messages by native servants is, to say the least of it, "risky," so people write, and receive daily many little notes—called, in India, "chits." Invitation cards, menus, &c.

will all be found most useful, as will also good blotting pads, printed washing lists, daily account books, &c.

Drawing Materials, &c.—Drawing-paper soon deteriorates in a damp climate, and gets covered with spots; it should be kept rolled up in cylindrical tin boxes with tight-fitting lids, and should only be cut as required. Drawing-blocks soon become useless for the above reason, and you often do not find out the damage, until you lay on your first wash of colour, when the whole surface will be covered with unsightly patches. Portfolios should be protected with good oil-cloth covers. Photographs soon turn yellow, and become covered with spots; those in albums should be protected with talc, while the backs of framed photographs, should have brown paper glued over, so as to exclude the air. For water-colour painting, paints in the hard cake keep best; paints in compressible tubes soon dry up from the intense heat, while pans of moist colours dry up, crumble, and become useless. Your paint-brushes should be carefully protected in properly closed

boxes, or the hairs will be nibbled by insects. A delightful occupation is Chromo-photography, but the materials should all be obtained at home, and would require—especially the glass—to be most carefully packed and protected from the effects of the climate. The "Crystoleum" process would be the simplest and best. "Vitremanie," a substitute for painted or stained glass, for the decoration of windows, window-blinds, &c., would be found most useful in countries, where any relief to the generally bare white interior walls of the houses is so acceptable. It is work that may be easily learned, and performed at a small cost. Directions, materials, prices, &c. can be obtained of Messrs. Barnard & Co., manufacturing artists' colourmen, Oxford Street.

Berlin Wool, Silks, &c.—All descriptions of fancy work will not only serve to pass most agreeably the many hours that will have to be "got through" indoors, but the results will give to a room that comfortable appearance of home refinement, that no amount of ordinary furnishing can bestow. Your stock of wools and

silks should be a large one; you must remember, that should you afterwards want to match any particular shade of wool or silk, you would, in all probability, have to send to England; and, when in the middle of a piece of work, it would be most annoying to have to wait perhaps several months for a few skeins of wool. Such things as cords, tassels, and the various etceteras required for finishing or making up work, should also be taken; they could not be procured in an up-country station, and, in the larger towns, they would, even if procurable, be very expensive.

Sewing Machine.—Take care it is in thoroughly good order before you start from home. In addition to the various appliances, provide yourself with a book of directions, a can of lubricating oil, spare needles, and lots of sewing-machine cotton. The machine should be packed by the manufacturers in a well made, strong, wooden case, fastened down by screws, so that the case may be easily opened, and will always be available for future packing. Your name, destination, and the

words "*Sewing Machine—with care—gross weight lbs.*" should be legibly painted on the case.

Piano.—A piano is a great luxury to those who can afford the expense of carrying about so cumbersome an article. If you take one, it will be worth your while, to select a piano made especially for a tropical climate by some first-class firm, as a good piano, by a well-known maker, would always realise a good price abroad, should you ever wish to dispose of it. When travelling up country, carriage for any but a small, or medium sized piano, would sometimes be an impossibility. The manufacturers will pack the piano in a strong, tin-lined, wooden case. You should take with it a tuning-fork, a tuning-key, and a set of glass foot-rests. To protect your piano from the extremes of heat or damp—so injurious to all stringed instruments in the tropics—you should keep it completely enveloped in a stout, closely fitting, green baize or quilted cover. During the hot season it will be found a good plan to place, inside the piano, a wet sponge on

a saucer, the sponge being taken out and wetted daily; while, during the rains, a pan of live charcoal should occasionally be placed for a few hours underneath the piano, so as to thoroughly air it. Your name, and the words "*Gross weight lbs.*" should be legibly painted on the case.

Saddlery.—Go to a first-class saddler who has an Indian or Colonial business connection, and be carefully fitted for a saddle, which, without being too heavy, should be carefully stuffed, as horses' backs are apt to be tender in hot climates, and very liable to "gall" with the least rubbing of the saddle. Horses in India and the East are of lighter build than those you are accustomed to see at home; equipments of medium size and weight would, therefore, be most suitable; but such would not apply to Australia, there being little, if any, difference in size between English and Australian horses. Girths made of plaited hide are best in hot climates—they are cooler in use, and less liable to gall than the ordinary girth. "Fancy" bits, "punishing" curbs, &c. should

be rejected. The bridle should be light and strong. Take a neat, light-made saddle-cloth with you; your horse-clothing you can get made up abroad.

Your saddlery should be packed in a tin-lined case. While at the saddler's (you will be wise to take an experienced male friend with you), look around, and make a note of any particular sort of single or double horse or pony harness that may strike your fancy; you might subsequently have to send home for a set of harness, and it would be convenient to be able to state explicitly what you required, and also to know the price beforehand.

To those who may purpose setting up house in the tropics, the following brief remarks, in connection with some of the more ordinary household requisites, may be of service; and we would remark, that a great saving would be effected by purchasing these articles at home, and shipping them as cargo.

Filter.—A good filter is absolutely indispens-

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able. One that will stand fairly rough usage, and in which you could easily renew the charcoal, should be chosen. We know of none better than the well-known filters that bear the name of the inventor, Mr. Lipscombe, of Oxford Street. A filter of medium size would suffice. Further on, in Chapter IV., we will explain how a filter that will answer all practical purposes, may be simply constructed, for purifying and storing all water required for general household purposes.

Lamp.—Whatever sort of lamps you may select, should be provided with good wire gauze, punkah-proof tops, and should not exceed medium height, or they will be difficult to use under a punkah. The brass work round the burners, should be shut in with wire gauze, so as to exclude small insects, which, attracted by the light, would, otherwise, work their way in and clog the wicks. Take a good supply of wicks, an oil-can, scissors for trimming, and plenty of spare chimnies. One or two pretty lace-paper lamp-shades would be useful. You should obtain your lamp from

some firm with an Indian or Colonial connection, who would know what description of lamp was most suitable.

Hurricane Lanterns will be found most useful. Take spare glasses and plenty of wicks.

Candlesticks.—For a dining-table, candlesticks would have to be fitted with large glass shades and punkah-proof tops. Wall shades are much used. A few pretty little drawing-room and bedroom candlesticks would be useful; the latter should have glass shades.

Cutlery and Plated Ware.—You will require a good stock of strong cutlery, which should be kept in a baize-lined box. Plated dishes for *entrées*, with sliding covers, and hot-water plated dishes with covers, for vegetables, &c., should, if possible, be taken; for at meal-times in the tropics, a punkah is nearly always swinging over the table, consequently, the contents of all dishes soon get cold unless covered. Your plated ware generally, must be strong and of good quality, to stand the hard usage it will receive. Plated dishes, &c. should either be kept in green baize bags, or

in a box with divisions and lined with green baize. Pretty little muffineers, miniature cruets, &c. help to make a breakfast-table look attractive, with the aid of a tastefully-worked teapot cosy, painted porcelain teapot stand, carved wood bread platter and knife, &c. You should take a good supply of plate powder, half a dozen large chamois leathers, and two or three boxes of "Gard's" specially-prepared plate-cloths.

Knife-cleaning Machine.—One of "Kent's" knife-cleaning machines will help to preserve your cutlery; native servants have a particular weakness for knife-cleaning, and wear them out in an incredibly short time.

China and Glass.—With native servants, breakages are of every-day occurrence, so you would run great risk in taking out costly breakfast or dinner services. You should remember, you are going to a hot country, and be careful to select appropriate colours and patterns. When the thermometer registers over 100°, it positively takes away what little appetite you may have, to have your food

served on a rich ruby-red plate, more fitted for eating nuts and oranges off, while sitting before a "Yule log" in some cosy country parsonage. Moderately-priced strong ware should be selected, with a liberal number of spare plates, &c. "Hot-water" plates are going out of fashion, but are, nevertheless, very useful for keeping food hot under a punkah. Glass must not be too thin, or it will not stand the hot winds that blow periodically. Long soda-water tumblers, custard and jelly glasses, jelly moulds, any glass flower-vases that may be in fashion for decorating a dinner-table, cut-glass dishes for jellies, smaller ditto for jams, menu holders, ice-pail with tongs, crystal water-jug, &c. &c., must all be thought of, as ladies abroad vie with each other in the appearance of their breakfast and dinner tables, and you have, besides, to be always prepared for friends "dropping in" unexpectedly to "chota hazree" (early breakfast) or "tiffin" (lunch). Your china and glass should be packed, by a regular packer, in barrels.

"Yale" Padlocks.—A few of these padlocks,

of different sizes, should be taken. Natives are adepts at opening ordinary locks, but the "Yale" padlock would defy their ingenuity, and is too strong to be easily broken. Sold by Thomas McKenzie & Sons, of 16, Holborn Viaduct, London.

Table and House Linen.—In India, you can purchase, at most reasonable prices, table and house linen of native manufacture (generally made in the Government jails), that will answer admirably for ordinary use, and is better calculated to stand the ordeal of washing at the hands of the native "dhobie" (washerman) than linen of home manufacture; but you might take a few damask table-cloths, napkins, &c. for "state occasions." Blankets and counterpanes are necessary, but they should not be too heavy. Scarlet blankets are best.

Cretonne for Furniture.—In up-country stations, the only furniture procurable, will often be of the roughest make; a supply of pretty cretonne for covering chairs, sofas, couches, &c. will be found invaluable. In any case, pretty cretonne will always, sooner or

later, come in useful, be stationed where you may.

Lace Curtains.—Take with you at least half a dozen pairs, full length, with hooks, pole-rings, &c.; they will assist materially to furnish your drawing-room.

Table-covers, Chromos, Wall-brackets, &c. —One or two bright-coloured table-covers help to relieve the somewhat "hospital ward" appearance of whitewashed walls, which, however, do not look so bad, when hung with a few neatly-framed chromos or water-colour paintings, while the corners of the room are filled up with tastily arranged wall-brackets of carved wood, hanging baskets of artificial flowers, &c. All drawing-room table nicknacks will be found to be most valuable adjuncts in giving a furnished appearance to a room.

Sundries. — The following would be useful:—

A refrigerator.

A mincing-machine.

A coffee-mill.

A set of scales and weights.

One or two tea-trays.

A good clock, with case for travelling.

Corkscrew—knife-steel—tin-openers.

An "Etna" lamp.

A few squares of linoleum (for washstands).

Cement for mending china and glass.

Keating's Insect Powder.

One or two pretty washstand wall-protectors.

Crumb brush and tray.

Bats, net, and balls for lawn-tennis.

One or two table games.

A roll of stamped leather edging for brackets.

A few boxes of brass ornamental nails for fastening ditto.

A small chest of tools, including a glue-pot.

A small box of garden seeds—flower and vegetable.

A small garden syringe.

Chess and backgammon board, &c.

A few packs of playing-cards.

Brass-headed carpet studs.

CHAPTER III.

HINTS ON TRAVELLING BY LAND AND BY WATER.

Engaging a Passage.—Baggage.—Embarkation.—Cabin: Arrangement of Boxes, &c.—Money and Valuables.—Saloon Arrangements.—The Captain: his Authority and Responsibility.—Lights in Cabins.—Bathing.—Early Rising: *en déshabille.*—Sleeping on Deck.—Recreation.—Leaving things on Deck.—Children.—Alarms and Accidents.—Ports of Call.—Parties going Ashore.—Purchasing "Curios."—Stewards and Stewardesses.—Disembarking.—Travelling by Rail.—Travelling by Road.—Mountain Travelling.

A CAREFUL study of the art of travelling with comfort to yourself and neighbour, will well repay you. If for no personal gratification to be derived, consideration alone for the comfort of our fellow-travellers, requires that we should at least make an effort to master the salient points of so comprehensive a subject. It is

neither fit nor proper, that others should be inconvenienced, or made to suffer by reason of our ignorance of the ordinary rules of etiquette to be observed when travelling. Where a number of people are congregated together, within the most prescribed limits of space, for a period of time that often extends over several months, it is most absolutely essential for the due preservation of harmony and mutual comfort, that the principle of "give and take" should be generally accepted, and acted up to in its most generous interpretation; while each and all should strive to render those small courtesies and attentions, that go so far to make life on board ship not only endurable, but even agreeable. When "differences" arise between passengers, the exercise of a little tact and good-humour, will, generally, put matters right; whereas, "standing upon one's dignity," would be the assumption of a position one might have to maintain with some awkwardness and personal discomfort for the remainder of the voyage.

While on such delicate ground, we might

suggest that the habit of "picking people to pieces" is a dangerous one, and generally ends in the discomfiture of the aggressor; in travelling, we should be specially tolerant of the shortcomings of our fellow-passengers, for most assuredly will the weak points of our own character be, sooner or later, duly noted, and we shall have, in turn, to run the gauntlet of public criticism.

Engaging a Passage.—First obtain, and carefully read "The Traveller's Guide to India, China, and the East," supplied, gratuitously, on application, by Messrs. Henry S. King and Co., of 65 Cornhill (*vide* p. 41). Having ascertained from reliable sources the best "line" of steamers or ships by which to make your proposed voyage, avail yourself of the service of a male relation or friend—if possible, one who has had some experience of nautical travel—to accompany you to the Shipping Agent's office, for the purpose of making preliminary inquiries as to the date of sailing and cost of passage. These points being satisfactory, obtain from the agents a written order for

permission to visit the ship in the docks, and also a memorandum of the numbers of the berths that may be disengaged, so that before making final arrangements for your passage, you may go aboard, and, under the advice of afore-mentioned experienced friend, may select your cabin and berth. The agents will probably show you an elaborate plan of the ship, showing arrangement of saloon, cabin accommodation, &c. &c., which, to your uninitiated mind, will be about as easy of comprehension as would be a ground plan of St. Paul's Cathedral, whereas, by a personal visit to the ship, you will not only be able to decide at a glance where you would like to be placed, but you will be able to see what cabin space will be available for your luggage, information that will be of much use to you when you commence to pack. Be careful to measure the space between the bottom of the lower berth and the cabin floor (an easy way is to mark it on your umbrella, by sticking in a pin), as it is most awkward to have in a cabin a box that is too deep to be stowed away under the berth.

Always select an upper berth to sleep in; notwithstanding the awkwardness of climbing in and out, the upper berths, being on a level with the port-holes, are much cooler than the lower ones; a matter of no small consideration in the tropics. It is very convenient to have a cabin on the same side, and near to the bath-room; in rough weather especially, it is most awkward for a woman to have to traverse the length of a saloon in a dressing-gown when she goes to bathe.

If you cannot obtain efficient aid, or circumstances do not permit of your personally visiting the ship, you cannot do better than place yourself, unrestrainedly, in the hands of some first-class and well-known agents, such as Messrs. Henry S. King and Co., or Messrs. Grindlay and Co.; you will, thereby, save yourself the trouble, fatigue, disappointment and expense you would inevitably incur if, unaided and inexperienced, you attempted to penetrate the mysterious labyrinths of Leadenhall Street and "the Docks."

Baggage.—Your boxes having been properly

packed, secured and labelled (Chapter II. pp. 32, 33, 34), you should make arrangements to have the same placed on board the day before the vessel leaves the docks, reserving nothing but small hand-packages to take when you embark. Any very heavy goods, or boxes that you will not require to open during the voyage, and which may exceed in weight the amount of baggage allowed to be taken free of charge, should be sent to the agents for shipment as cargo. In such case, you should make early application to the agents, as cargo is only taken up to a certain date before sailing. Before sending off your baggage, have a final look at the labels to see that they are all intact.

Embarkation.—If possible, arrange that the painful ordeal of taking leave of your friends and relations—especially those of your own sex—be got through on shore, and select a cool-headed male relation or friend to accompany you on board. We have had oft and bitter experience of parting from those dear to us, and would not lightly treat so solemn a subject; but the result of our experience is that the

agony of such leave-takings is often needlessly protracted by near relations insisting on what they call "seeing the last of you." Picture to yourself the confusion on board one of our large ocean-steamers at the moment some hundred and odd passengers are embarking! Excited passengers crowding the decks, and elbowing each other as they distractedly pass and repass on the saloon stairs, with no apparently definite object, but that of taking violent exercise—perspiring passengers, hampered with innumerable hand-packages, forcing themselves into wrong cabins and struggling out again—noise, confusion, scrambling and excitement on every side—the ship presenting the appearance of a hive when the bees are swarming! Is this fit time, place, and opportunity for a solemn leave-taking? Watch the expression of bewilderment on that young fellow's face; he has mislaid a portmanteau containing his stock of shirts, and, in his search for the same, he drags about the deck a weeping sister, who hysterically shampoos one of his arms, as she keeps on begging of him to

"write soon," while, with his other arm, he supports a half-fainting mother, who stops him, at every third step, for "one last kiss," and the exaction of "a sacred promise" that "happen what may," he will never, *never* omit to wear flannel next his skin. Would it not have been better, for all concerned in this little party, if they had wished each other farewell in the privacy of their own home? It is not advisable to go on board, permanently, before the time advertised for the embarkation of passengers; you would probably find everything "sixes and sevens," and your untimely advent, would be justly looked upon as a nuisance by the ship's officers. You should manage to embark punctually at the hour mentioned; if sharing your cabin with another passenger, you will find it especially convenient to be the first to arrive, so as to have the cabin to yourself while you settle your boxes, &c. in their places.

Cabin: Arrangement of Boxes, &c.—The first feeling that will probably possess you on first entering your cabin, will be astonishment and

dismay, at the limited dimensions of the apartment you will have to occupy, or, worse still, share with another, for some considerable period of time. If you set to work, and arrange your luggage so as to make the most of the available space, and to have things "ready to hand," this feeling of being "cooped up" will soon wear off; and, after you have been a week or so at sea, your cabin will have assumed most respectable proportions in your mind's eye. We will presume that you have acted upon the suggestions we offered in Chapter II. (pp. 34–37), as regards packing boxes; now, on taking possession of your cabin, get the cabin steward to unstrap and uncord the same boxes, and to neatly roll up the cords and straps, and place them for security in some out-of-the-way corner of the cabin, where they can be readily found when wanted. Take out of your box your toilet requisites, and arrange them neatly in their appropriate places, being careful not to encroach upon your neighbour's fair division of shelf and peg accommodation. Take nothing

out of the boxes but what are absolutely required for immediate or every-day use, either in the shape of wearing apparel or knick-knacks: every loose article in a cabin that is not required for use, becomes an encumbrance. In arranging the above-mentioned "belongings," you must bear in mind, that the Bay of Biscay will have to be crossed at no very distant date, when it is just possible, that the present even level of your cabin floor may be somewhat rudely interfered with, and the safety of all breakable articles seriously jeopardised; it is, therefore, advisable to place all bottles and glasses in the rack with which cabins are generally fitted; should there be no racks, cork all bottles securely, and lay them down flat in places from which they cannot slide off and smash. Choose a convenient corner in which to hang your bag for soiled linen; no article liable to damage from contact with salt water, should be kept on the cabin floor, for in bad weather, it is no uncommon thing for sea-water to find its way into your cabin, either through a port that may not have been properly secured,

or, sometimes even by "shipping a heavy sea," a portion whereof finds its way to the cabins through the saloon. When you have taken out such necessaries as you may require, lock your boxes, and stow them away under the lower berth, arranging that such box as you will most frequently have to open, shall be nearest to hand. You will experience much subsequent comfort by arranging all these details while the ship is stationary. If there be a spare berth below the one in which you sleep, you will find it most useful to hold odds-and-ends, such as your writing-desk, book, tea-pot, biscuit-box, &c., at one end, and wearing apparel, folded up, at the other; dresses hanging up round a cabin, tend to make it both dark and "stuffy."

Money and Valuables.—All money and valuables should be kept carefully locked up in one of your large boxes or trunks; it is not fair that the cabin-steward should be made responsible for small articles of jewellery, &c., that you may carelessly leave knocking about the cabin. It often happens that some small article, such as a ring, or stud, suddenly disap-

pears—every nook and cranny in the cabin is searched without success—until, when re-packing, prior to disembarking, the missing article is, perhaps, found to have got mixed up with your clothes, or you discover a hole or crevice in some corner of the cabin into which it may easily have rolled. In any case, it is better you should put up with your loss quietly—a loss resulting, in nine cases out of ten, through your own want of care—than that you should run the risk of visiting unmerited suspicion upon an honest man.

Saloon Arrangements.—The usual hours for meals on board ship are as follows :—

Breakfast . .	9 A.M.
Luncheon . .	1 P.M.
Dinner . .	6 P.M.
Tea . . .	8 P.M.

In addition, a cup of tea or coffee, with biscuit, or slice of toast, is brought to your cabin between 6 and 7 A.M.

The table is generally supplied with a liberal and varied assortment of good and wholesome food.

Ladies who are fastidious in the matter of tea, will do well to take with them a small supply of tea, and a tea-pot, for their private use; the stewards are always obliging in the matter of hot water, and a refreshing cup of tea may thus be ensured at almost any hour of the day.

At the commencement of the voyage, the captain arranges the seats of the passengers at the saloon table. Should you afterwards wish to change your seat, it is etiquette to express such desire to the captain.

Children's meals are generally served at the following hours :—

Breakfast . .	8 A.M.
Dinner . .	2 P.M.
Tea . . .	7 P.M.

Mothers should always, if possible, be present with their children at meal-times.

Where there may be a number of children on board, it cannot be expected that various kinds of food, to meet the peculiar requirements of each individual parent can be provided, but, in cases of sickness, or where

delicate infants are concerned, we have ever found all reasonable requests for any special diet, meet with prompt and kindly consideration.

If any special description of daily food be necessary for an infant, it is the duty of the mother to ascertain, before embarking, that such food is procurable on board; and, if not, she should take with her a supply sufficient for the voyage.

It is an invariable rule on board ship, that no children shall be permitted to be present at table at meal times other than those specially set apart for them; and no relaxation or evasion of so proper and necessary a regulation should be either expected or allowed. A parent may think it hard, that a well-behaved child should not be allowed to come to table for a few minutes during dessert, but a little reflection will show them, how unfair and impossible it would be to grant such a favour to one without extending it to all.

THE CAPTAIN: HIS AUTHORITY AND RESPONSIBILITY.—The record of deeds of self-devotion

and heroism performed at the hands of our mercantile marine is, indeed, a noble one; and, in reading, year after year, sad stories of shipwreck and disaster, the oft-recurring words, "The captain was the last to leave the ship," never fail to awaken in us feelings of pride and admiration for those who watch over our safety at sea.

We must all be fully aware of the grave responsibility that rests upon the captain of a ship, and, bearing this in mind, we should surely do our best to support him in that absolute authority which is vested in him for the common good. In the many voyages we have made to various parts of the world, we can recall to mind no instance in which a ship-captain has ever abused such authority; on the contrary, we can honestly testify to the kindly forbearance, the manly unselfishness, that has generally characterised the conduct of those, whose patience and good-nature are only too often unfairly taxed by the vexatious complaints, the petty jealousies, or the whims and crotchets of thoughtless or inconsiderate

passengers. Rules and regulations, based on the soundest practical experience, are laid down for the guidance of those on board ship. It is imperative that individual comfort or convenience should be subordinated to such rules and regulations, for, did the captain exempt any one of his passengers from a due and proper observance of the same, he would fail in his duty, not only towards his employers, but to the rest of those temporarily committed to his charge. Consideration of this fact, coupled with the reflection that it is always a painful thing for a gentleman to be obliged to refuse a request preferred by a lady, should deter any properly-minded passenger from worrying a captain for personal favours and concessions, the granting of which, they must be perfectly aware, would involve a breach of regulations.

Lights in Cabins.—A fertile source of complaint, is that most necessary regulation by which all lights in cabins are extinguished at a certain hour—generally 10 or 10.30 P.M. In cases of sickness, where a light may be abso-

lutely necessary, the same is always granted on the ship doctor's order; but, with such exceptions, in all well-regulated passenger ships, the above rule is rigidly enforced. One's temper is certainly apt to be ruffled, when the process of undressing is sometimes unceremoniously interrupted by the sudden extinguishing of the cabin lamp, especially if the vessel be tossing about at the time, and we are not the sole occupant of the cabin; but, when settled down in our berth, we listen to the gurgling wash of the water against the outer side of the wall of our temporary bedroom, we become gravely sensible of the comparative frailty of the few inches of wood and iron that alone represent that same wall, and of our probable fate if anything should happen to deprive us of its protection. One serious reflection leads to another, and, our mind dwelling upon the horrors of a fire at sea, we become nervously inquisitive about the lamp in our neighbour's cabin, and do not feel reassured, until the steady tramp of the officer of the watch, pacing the deck immediately above our head, reminds us that the lamps of our

fellow-passengers have, in like manner as our own, been duly looked after. Then, as we settle our head down on our pillow, our conscience pricks us for the selfish murmurings we indulged in while floundering about in the dark, and we inwardly resolve for the future, to be more than ordinarily polite to that brave guardian of our safety, whom we so thoughtlessly and ungratefully maligned.

Bathing.—The luxury of a morning bath, when the thermometer is ranging between 85° and 100°, may be easily imagined. 'Board-ship accommodation in the shape of bath-rooms, is very much better than it used to be, still, when a vessel has its full complement of passengers, it is seldom possible that all are able to secure a bath before breakfast. A separate bath-room, generally leading from the ladies' cabin, is provided for women. Where many people may be waiting to take their bath in regular turn, no person is supposed to occupy the bath-room longer than ten minutes. If you ask the stewardess, she will place for you in the bath-room a small pan of fresh water, sufficient just

to "sponge" away the sticky effects of the salt water. If you have several children to bathe, you will find it most convenient to choose some hour between breakfast and luncheon, when the bath-room may be disengaged, and you will not be hurried. Ladies should arrange among themselves the order in which they will take their baths, and get the stewardess to assist in carrying out such arrangement.

Early Rising: en déshabille.—In the very early morning in the tropics, people are glad to escape from the close confinement of their cabins; the ladies generally congregate in the saloon and ladies' cabin, while the gentlemen proceed on deck. All are more or less *en déshabille*, and a sort of tacit understanding exists, that before a certain hour—say 7 or 7.30 a.m.—no lady shall make her appearance on deck, nor shall any gentleman encumber the saloon with his presence for a longer time than may be necessary for him to hurry through from cabin to deck. Morning greetings are not exchanged between the sexes under these circumstances, and Mrs. A. is discreetly unconscious

of the idendity of Mr. B. as he hurries past in dressing-gown and slippers.

Sleeping on Deck.—In the Red Sea, and other places where the heat is occasionally most oppressive, many passengers, with the captain's permission, sleep on deck at night. Occasionally, ladies also avail themselves of such permission, a certain portion of the deck being sometimes temporarily screened off, so as to afford them some privacy. Except in extreme cases, when the heat in the cabins below is positively unbearable, we would not advise ladies to sleep on deck. Heavy dews often fall at night, or chilly winds suddenly arise that are most dangerous to delicate women and children; besides which, the necessity of "turning out," and removing your bed and mattress below at 4.30 or 5 A.M., when the daily routine of work on board ship commences, sadly interferes with your morning slumber, for, once thoroughly awakened, you find it difficult to settle down again to sleep at such an hour; whereas, by remaining in your cabin, with open port and ventilators, you will, sooner or later, fall asleep,

and probably remain in peaceful oblivion of that, to passengers, most trying ordeal known as "washing decks."

Recreation.—Few voyages are made by our larger passenger vessels, especially when "outward bound," without certain of the passengers joining together and getting up some form of entertainment for the amusement of their fellow-travellers; and such efforts are invariably both cheerfully and ably seconded by the officers of the ship. Theatricals, concerts, and an occasional dance, not only serve to relieve most agreeably the tedium of a long voyage, but, in making preparations for the same, time is pleasantly occupied, that might otherwise hang heavily on hand. Excellent entertainments, generally in the "Christy Minstrel" line, are sometimes given by the stewards and crew; on which occasions, it is by no means an uncommon occurrence for the captain to supplement the entertainment by some little delicate attention in the shape of ices, or iced "cup." Under favourable conditions of weather, the piano is taken up on deck, and enthusiastic lovers of

the *valse à trois temps*, are not to be deterred by such trifles as being suddenly sent "all of a heap" to leeward, or brought from time to time in rude contact with a belaying-pin, by some unexpectedly bad behaviour on the part of the vessel. "Jack" looks on approvingly from the "fō'k'sel," until the impulse to "tread a measure" becoming irresistible, he gravely proceeds to work out a sort of complicated telegraphic code of taps on the deck with heel and toe, to the inspiring notes of a tin-whistle. For the more sedate, agreeable recreation is found in the social "rubber," or sober game of chess; while draughts, backgammon, dominoes, deck-quoits, and the game of "Bull," all serve to pass many a pleasant hour.

A small library is maintained on most vessels, but it is as well to take with you a supply of books. Inexpensively-bound novels are most useful to exchange with fellow-passengers when read and finished with.

Leaving Things on Deck.—It is extraordinary how books sometimes disappear on board ship, and we would especially caution you against

leaving any book you care about on deck. Small articles of apparel, &c., that may be found on deck, are supposed to be handed to the chief steward, from whom you can obtain the same on application; but you should be careful not to leave things about, as you certainly thereby run great risk of losing them altogether.

Children.—We have made more than one long voyage with children of our own, and can speak feelingly of the anxious responsibilities that devolve upon a parent at such a time. The main trouble with children on board ship consists, not so much in looking after their welfare, as in preventing them from becoming a nuisance to other people. We have no sympathy with that passenger, who, in his purely selfish regard for personal comfort, wages an indiscriminate war of angry scowls and bitter words against every child who may have the temerity to glance in his direction. We meet with such passengers only too frequently—men who seem to expect that the working of the ship should be generally suspended, and the solemn silence of a club reading-room main-

tained whenever they may close their august eyelids in search of slumber—and we would suggest, for the comfort of all concerned, that failing to charter a vessel for their own especial accommodation, such exacting egotists should, at least, elect to travel by some line of steamers that do not generally carry children. On the other hand—what old traveller has not had, at one time or another, painful experience of the power possessed by an ill-behaved child to inflict petty annoyances? Have we not had our cosy, afternoon hand at whist in the saloon interrupted by the little urchin, who, unable to amuse himself with his companions on deck, persists in converting the back rail of our bench into a "horizontal bar," on which to perform gymnastics; and do we not remember the oft-reiterated "Don't be so troublesome, Johnnie," of the listless mother, who is too interested in her book to exert her authority and remove the nuisance? It is as most certainly the duty of parents to keep their children under proper control on board ship, as it is incumbent on the passengers to look with lenient eyes upon

the short-comings of youth, and to make due allowances for the exuberance of young spirits. Play is almost as essential as food to keep a young child in health, and, with a little tact in the selection of fit time and opportunity, you may ensure your child getting a proper amount of daily exercise and amusement, without interfering with the other passengers. Between breakfast and luncheon is the time for a romp; in the afternoon, a child should be kept amused with quiet games—picture-books, puzzles, dolls, &c. No mother with any consideration for either her own nerves, or those of her fellow-travellers, should ever allow her child to possess a noisy toy: trumpets, drums, rattles, and what are ironically termed *musical* toys, are simply so many instruments of torture on board ship. It is a mistake to allow children, except of very tender age, to sleep during the day-time; the trouble of keeping them amused and employed —and, mind you, it is a rare trouble sometimes—will be in some measure repaid, by getting them off early to bed, and by their sleeping soundly through the night.

Before closing this subject, we would draw attention to one point. The cabin occupied by the captain is generally on deck, and in the immediate vicinity of that portion of the deck allotted to the first-class passengers. It frequently happens, when the navigation is particularly intricate and dangerous, or when bad weather is experienced, that the captain has to keep on deck for several nights running, and such brief intervals of sleep as he can indulge in, have to be snatched at odd hours during the day. Parents should be considerately watchful on such occasions, to see that their children do not disturb the repose so hardly earned, and should temporarily confine their play and chatter to the end of the deck furthest removed from the captain's cabin.

Alarms and Accidents.—At sea, a general muster takes place every Sunday (weather permitting), of officers, engineers, stewards, crew, and firemen. It is a most picturesque sight to see the men drawn up in line on deck —each man in his "Sunday best," lascar "Jack" shoulder to shoulder with "John

Smith, A.B.," and good-humoured "Johnnie," the Chinese carpenter, elbowing the dusky African stoker, whose real name and birth-place are mysteries. As the captain passes slowly down the line, carefully scanning each face and figure, it is interesting to compare the generally imperturbable gravity of "the mild Hindoo," with the "knowing" twinkle in the small, "beady" eyes of "the heathen Chinee," while undergoing the ordeal of such inspection; and you watch with amusement, the ludicrous contortion of lip made by the African in his desperate efforts to suppress a grin of satisfaction at his temporary emancipation from coal-dust, oil, and cinders. Suddenly, the shrill piping of the boatswain's whistle is heard, and the line is broken, as every man proceeds to the post assigned to him in case of fire or alarm. You will note that certain officers, with a due complement of "hands" proceed to take charge of the ship's boats, while other officers and subordinates, have special duties assigned to them. The captain having satisfied himself that every man is at

his post, the parade is dismissed. "Very pretty and interesting," will be the remark of many passengers, who, not giving a thought as to the real object of the parade, still less realise the possible contingency of their ever themselves having to pose as actors in an entertainment that becomes sufficiently serious in time of real danger. Any sensible passenger will surely recognise the expediency of profiting by so useful a parade, not only to note carefully the disposition of officers and crew as regards the various boats, &c., but to ascertain, as far as possible, on what portion of the deck she would be expected to take up her position in time of danger, so that hurry, bustle, confusion, and waste of valuable time, in answering questions at a critical moment, might be reduced to a minimum. While resting assured, that in the hour of danger, the fact of your being a passenger, and, more especially a woman, will ensure every effort being made by captain, officers, and crew, to secure your safety, you should not forget, that at such a time, a certain share of responsibility

will also rest upon your shoulders—weak though they may be. If you cannot actively help in providing for the general safety, you can at least refrain from impeding those who work for that object, and it will be your duty not only to make every effort in your power to maintain your presence of mind, but to obey promptly, and without question, the orders you may receive from those in authority. A woman who, in time of peril, can control herself sufficiently to maintain an outwardly calm demeanour, will really assist officers and crew in carrying out a captain's orders, inasmuch as her example will act as a salutary check upon the more weak-minded of her fellow-passengers who may be in danger of giving way to panic. May you never be placed in danger that would so severely test your presence of mind, but should such evil state ever befal you, believe us that we have advised you of our own experience of disaster at sea, for we were once on a ship in collision with another vessel at night-time, and in mid Atlantic.

In some passenger-ships, life-belts are

furnished to each cabin, but we doubt whether passengers are not apt to regard the same as so much furniture, and whether they ever take the trouble to fix them on their bodies, and ascertain how they are fastened. Surely it would be a good rule for passengers to don their life-belts at the weekly parade above mentioned.

Ports of Call.—The interest of a voyage is considerably enhanced by the opportunities one sometimes has of getting an occasional glimpse of the strange countries and people passed *en route.* Formerly, when voyages to Australia and the East, were generally made round the Cape of Good Hope, passengers had ample time to compare notes regarding the few places they might touch at, *mais nous avons changé tout cela.* Nowadays, *viâ* "the ditch" (as the Suez Canal is sometimes irreverently termed), the passing from country to country and from clime to clime is as amazingly rapid, as the changes of scene are perplexingly sudden. To-day we are in the land of Don Quixote, to-morrow, a chapter from the

"Arabian Nights," is unfolded before us; while mules and mosques, mantillas and minarets, all get jumbled together in our mind in kaleidoscopic confusion.

The length of stay made by a steamer at a port of call is often limited to a few hours, but by a careful pre-arrangement of plans, and being dressed ready to land the moment the anchor is dropped, you will generally find time to visit the chief places of interest. We have often heard ladies express regret at having lingered over trumpery trinkets, &c., and wasted, in a wretched bazaar, time that might have been more agreeably and profitably employed in visiting places of possibly, world-wide interest. The half-hour that might have sufficed to scan the beauties of some famous mosque or shrine, is perhaps frittered away in bargaining for some tawdry ornament that could be purchased in London for half the money, and an opportunity that many would "give their eyes" to obtain, is, thus, heedlessly thrown away.

Have all letters ready for postage before

arrival at any port of call, so that your time may be free after the anchor is dropped. The chief steward will always post your letters with the ship's mails.

Before disembarking, ascertain the exact hour at which the vessel will weigh anchor, and carefully compare your watch with the ship's clock. Gain what information you can from one of the officers of the ship regarding the correct boat-hire, to and fro, between the ship and the shore—also the proper hire for carriages on shore, either by time or distance. You will find much useful information on these points in the little book, "The Traveller's Guide to India, China, and the East," previously referred to in this chapter under the heading "Engaging a Passage." Obtain from the purser or chief steward a supply of small change in coin that may be locally current, and do not take with you more money than may be necessary. Lock up all small articles of value in your cabin, and get your steward to carefully secure the cabin port before you leave the ship; lots of native boats crowd

round a ship when at anchor, and an open port with an article of value within arm's reach would probably prove too great a temptation for many a native to resist.

The ship will probably "coal" during your absence, so you will be wise to cover up, or put away anything likely to be damaged by coal-dust, besides carefully closing your ventilators and cabin door.

Parties going Ashore.—No lady should ever attempt to land at any port of call without the protection of a male escort. When a lady may be unmarried, or travelling without her husband, she should arrange to form one of a party that may be going ashore. Some little tact and experience is required in making up a party that should, if possible, comprise people of congenial tastes; and pre-arrangement of plans is also advisable, as it is awkward on landing to find one lady "bent" on shopping while another wants to go sight-seeing. The party should never be too large, should always include one or more gentlemen, and young ladies should be properly chaperoned.

"Mrs. Grundy" is duly represented in all tropical countries, and, on board ship especially, a woman cannot be too careful of what she says or does, as her smallest words and actions are liable to be made the subject of comment and tittle-tattle. The pleasure of your trip ashore is likely to be much enhanced if you resist the temptation offered by the opportunity to don new boots, bonnets, dress, &c. If in the day-time—and a lady would scarcely land at night—you will want all the protection that can be afforded by a stout sun-hat and umbrella; and if, in addition, you are so wise as to content yourself with "easy" boots, and a dress that "nothing can hurt," you will be amply rewarded in feeling yourself proof against the heat, dirt, and dust that are inseparable from "sight-seeing" in the East. You should never run your time ashore too close, but always allow yourself ample time to re-embark before the anchor is weighed.

Purchasing "Curios."—Be careful how you spend your money in purchasing so-called "curios." Smooth-tongued Greeks with fault-

less profiles will press upon you "Maltese lace" that is innocent of local manufacture—"lumps of delight" (a sweetmeat) that will prove quite the reverse when tasted; dignified Arab patriarchs, in long flowing robes, will consent to part with ostrich feathers (skilfully pieced together to appear as one) at prices which, in local coinage, may appear small, but which would appal you were a London shop-keeper to ask in shillings; sleek-haired Cingalese will dazzle your eyes with wonderful imitations of ruby and sapphire rings, studs and brooches, that would be dear at five shillings each. Should you really wish to make any purchases—and, believe us, there are few things offered, that you could not buy cheaper in London—do so under the advice of the captain, or some passenger who has had experience, or you will most certainly be over-charged, and probably swindled into the bargain. When paying away money, be careful to count and examine any change you may receive.

Stewards and Stewardesses. — Charles Dickens, when he immortalised in "Mark Tapley" certain happy traits of character, might

well have chosen as his prototype the typical ship-steward, for where will you find a class of men whose equanimity of temper is more continuously or severely put to the test. It would require no great stretch of imagination to picture as the occupants of one cabin in a crowded steamer:—a gouty veteran officer, accustomed to command, "and, by Gad, Sir, to be obeyed!"; a dyspeptic ex-Civil Servant, jealously tenacious of his magisterial privileges of talking down, and summarily convicting his fellow-creatures; and a nervously-excitable, ever-anxiously-enquiring ——ologist, returning home with a collection of "specimens," the more fragile of which, he persists in having with him in the cabin. We can easily understand that any unfortunate steward who would have "to do for" that cabin, would well earn any "tips" he might receive at the end of the voyage. We have, almost invariably, found stewards attentive and obliging; and, considering the really hard work they have on board during "the passenger season," it has always been a matter of wonder to us how

they managed to give such general satisfaction in the performance of their multifarious duties.

A stewardess is supposed to attend to the general comfort of the ladies and children on board, especially of such as may be temporarily incapacitated by illness, but as each lady has an equal claim on her time and attention, it is easy to understand, that on a crowded vessel, a stewardess could devote but a few minutes in the course of a day to any individual passenger, and it is needless to remark that cases of real illness would have a prior claim to such little extra time as might be at her disposal. There are some people who are so inconsiderate as to imagine, that the services of a stewardess should be rendered in proportion to the amount of the gratuity given by the passenger, and we once even heard a passenger coolly remark, that she had not brought an ayah with her to look after her child on board, as it was "much cheaper" to give the stewardess a sovereign or two to take charge of the child. This lady had apparently no idea that her action in the

matter was in any way selfish, or inconsiderate towards the other lady passengers. It should be plainly understood, that a stewardess is not allowed by the shipping company in whose employ she may be, to devote herself exclusively to any one lady or child, nor is she supposed, except in cases of illness, to give more time to one lady than to another, whatever may be the inducement offered. It is the custom, and a very proper one, to give the stewardess a small present in money at the end of a voyage, whether she may have rendered you any special service or not. The amount of such gratuity is discretionary, but if you had any doubt on the subject, you could consult any experienced lady passenger you might think able to advise you. In the matter of such generally well earned "tips," our private opinion is, that if you err at all in the amount thereof, it is as well to make a mistake on the liberal side.

Disembarking.—Have all your cabin baggage packed and corded, your accounts paid up and settled, and be yourself ready to land by the time the anchor is "let go." There is always

a lot of hubbub and excitement at such a time, the deck and saloon are soon crowded with strangers, and anything left about is almost sure to be lost or mislaid. If you are expecting friends to meet you, give them ample time to get on board, as delay occasionally occurs in signalling a vessel, or she may arrive an hour or two sooner than expected. Should you be left to your own resources, obtain all necessary information from the captain (but not at the last moment when he is busy) relative to landing charges, hotels, &c., and land in company with some fellow-passengers who may have experience of the place, or be at least willing to escort you ashore. You should not attempt to land by yourself, boatmen and others are apt to be extortionate in their demands, and are sometimes even grossly insulting in their behaviour towards an unprotected woman. If possible, take the whole of your cabin baggage with you on shore at one trip, so as not to have to return to the ship; your heavy baggage should be landed and cleared by your agents. Keep a sharp eye on all your boxes and small

parcels after you land, and until you get them safely lodged in a hotel—thieves are not only particularly fond of congregating about landing-places, but they are occasionally disguised as boatmen. You will have to be particularly careful about keeping your boxes locked, and not leaving about small articles of any value in your room at a hotel.

Travelling by Rail.—Travelling by rail in tropical countries is associated with more or less discomfort in the shape of dust and heat during the day, and dust and cold by night, and considering it is by no means an uncommon experience, to spend from twenty to thirty hours, at a stretch, in a railway carriage, it becomes a matter of some consideration to travel as comfortably as possible. Wire-gauze blinds for excluding the dust, and various contrivances for adding to the ventilation of and cooling railway carriages, are used on the different railways, and, indeed, every effort is generally made by the various companies to add to the comfort of passengers, notwithstanding all which, however, a long journey by

rail, especially during the hot season, is a most trying ordeal for women and children.

Railway carriages for long journeys, are generally constructed with a door at each end, and are divided into two compartments, with a small lavatory, &c. in the centre, which can be approached from either compartment by a sliding door. Each compartment has a seat running lengthwise on either side, and the backs of the seats lifting up, and forming extra beds, there is, thus, sleeping accommodation for four people. Arrangements are made for supplying travellers with meals and refreshments at certain stations duly notified in the Railway guide-books, but if you were travelling with children, you would find a well-furnished tiffin basket a great convenience.

Tiffin baskets of many varieties of pattern, made of stout wicker for travelling, filled with bottles covered with wicker, plates, cutlery, &c., and made of sizes to fit under a railway-carriage seat, are kept in stock by Messrs. W. T. and J. F. Gibson, manufacturers, of 20 *Aldermanbury, London, E.C. In selecting*

a tiffin basket, for use when travelling as above, preference should be given to one not too crowded with elaborate fittings, but with empty compartments, into which might be packed a couple of loaves of bread, a roast fowl, a tin or two of Swiss milk, and other substantial articles of food. The arrangements for fastening a tiffin basket should be strong, simple, and efficient. The plates should be of enamelled iron. The prices range from about £1 *to* £6.

When travelling by day, ample protection will be required for the head, and children should not be allowed to lean out of the windows on the sunny side of the carriage. Warm wraps, railway rugs, &c., will be required at night, and the warm hoods we have alluded to in Chapter II., p. 27, will be found very useful for children. Great care will have to be exercised in keeping children out of draughts when travelling rapidly, and all windows in their immediate vicinity should be shut, especially at night. Drinking-water kept in a flat-bottomed earthern goglet, in a corner under the seat of the carriage, will be found cool and

refreshing; filtered water can be obtained at most railway stations, where the goglet could be replenished. A bottle of lemonade wrapped in a wet cloth, and placed under the seat in a windy corner, will cool in a very short time. A white umbrella should always be kept handy in case you might wish to alight at any of the stations *en route*. Old travellers generally find a corner in the tiffin-basket for a small metal teapot, and make their own tea: boiling water can generally be obtained at the stations, and with a tin of condensed milk, a box of biscuits, and some potted meat, a light and refreshing meal can be easily obtained at night, without having to alight from the carriage—a great convenience, when, in dressing-gown and slippers, you have comfortably settled down for the night. In selecting tinned provisions for a journey, always give preference to half or quarter sized tins. It is a great convenience to have a tin of anything that just suffices for a meal, which concluded, the empty tin can be thrown away. Tinned provisions not only rapidly deteriorate in the tropics after they

are once opened, but when travelling, they get full of dust and dirt, and the contents tumble about. A tin of sardines, for instance, is easily packed when intact, but once it has been opened, it is about as awkward a thing as you could have in a tiffin basket, and the chances are the fishy oil spills over and contaminates everything else. Bread should be kept in a tin box, or it becomes stale in the course of a few hours. Sandwiches, meat, poultry, &c., should be wrapped in a green plantain leaf, which will keep them fresh. A wet cloth fastened round your tin of butter, will keep out dust, and, to a certain extent, prevent its liquefying. A native servant will always be found most useful when travelling with children, will help to amuse them by day, and attend to their little wants by night. If possible, you should arrange to have your female servant present with you in the same carriage, as, if travelling in another compartment, servants can seldom, if ever, be got at when most wanted. When travelling with a small baby, it will be found most convenient to have a small, flat, covered

basket to fit under the seat, and to contain all baby's requirements in the shape of food, clothing, and toilet appurtenances. A feeding-bottle should have a tightly-fitting thick, quilted cover, that will keep the food warm for several hours. Nothing that you require to keep warm should be placed under the seat of a railway carriage, where there is always a strong draught—*ergo*, if you wish to keep your feet warm, raise them well above the floor of the carriage. If obtainable, ice, well packed in a coarse blanket with plenty of saw-dust, will be found a great boon. Never travel without a railway guide.

Travelling by Road.—In most tropical countries much has been done, and continues to be done, in the way of opening up communication by road and rail, but in countries of such vast extent, immense tracts necessarily remain innocent of any roads at all, while in many parts, they are at best represented by ruts cut in the virgin soil by the wheels of native carts, as they struggle along from village to village, roads that are dusty pitfalls in

summer, and axle-breaking sloughs in winter. Painful and varied has been our experience of travelling over such apologies for roads, in every variety of vehicle, from the bathing-machine shaped, pair-horsed transit, in which at risk of life, limb, and carriage springs, we have been bumped along at eight miles an hour, to the country bullock cart, that, with creaking wheels and groaning timbers, laboriously ploughs its way through a perfect sea of suffocating dust.

It is unnecessary to attempt to describe in detail, the various wondrously constructed two and four-wheeled vehicles that do duty for travelling-carriages in these far countries; and, indeed, it is not without a shudder that we recal to mind some of the crazy frameworks, in which, often for weeks at a time, under a burning sun, or in pitiless rain, we have had to risk the lives of wife and children. A few general remarks, however, upon such modes of travelling may be of use.

When engaging a conveyance to travel post, with either horses, mules, or bullocks,

it is well to give attention to the following points :—

I. That the roof of the conveyance affords proper protection from sun or rain ;

II. That the tires of the wheels are well secured, and the linch-pins in their places ;

III. That the springs (should there be any) are in good order ;

IV. That the door and windows open and close properly.

Never get into a carriage without having it swept, washed, and thoroughly cleaned out; the door and windows should be opened, and the carriage left out in the open for several hours until it is well aired, sweet and wholesome. Should you be travelling in the hot weather, and the roof of the carriage not be thick enough to afford sufficient protection from the sun, have it covered with straw bands, or loose straw or grass, spread some six inches thick, and kept in position by a large bamboo-mat or a tarpaulin, thrown over all, and fastened

down securely at the sides and corners; or, in rainy weather, prevent the possibility of leakage, by throwing a tarpaulin or waterproof-sheet over the roof of the carriage, and securely fastening the same with stout string.

The wheels should be greased before starting, and a supply of rope and stout string should be taken in case of accidents.

If your conveyance have springs, and the road to be travelled over be a bad one, the springs should be strengthened, by laths of wood or bamboo, firmly spliced along their entire length with strong cord. Should you have to travel in a cart or waggon without springs, a fairly good substitute may be made by laying moderately thick branches of trees in the bottom of the cart, on these again, smaller branches and twigs laid cross-wise, then a lot of straw, and, on top of all, your mattress.

The interior of most ordinary travelling vehicles is divided into two parts: a well at the bottom of the carriage containing your light luggage being covered over with planks, forms a flat boarded surface some six or seven feet

long by four and a half feet broad, on which is placed your mattress, and you travel in a recumbent position. In arranging luggage in a four-wheeled conveyance, care must be taken to divide the weight equally fore and aft, so that neither set of springs may be unfairly taxed; but in a two-wheeled cart, the preponderance of weight should be in front of the axle so that it may not have a tendency to "tip up."

In fitting up the interior of a travelling conveyance, it is a great object to have all likely requisites placed ready to hand. Your tiffin-basket, well furnished with food, should be placed across the head of the cart, and just under the mattress, so as to form a sort of bolster beneath your pillow; thus, by lifting up the head of the mattress, you can obtain easy access to the eatables, without having to stop and unpack the cart. Bottles with cold tea, soda-water, &c., should be suspended within reach, in leather or canvas pockets at the sides of the carriage: care must be taken that they cannot knock together by the jolting

of the cart, or you might have a series of troublesome accidents. A hurricane lantern, with properly-trimmed wick and supply of oil, should be securely wedged in one of the corners at the foot of the mattress, so as to give you light during the night. (*No description of lantern answers so well for this sort of travelling as the "hurricane lantern"; the oil does not spill with the jolting of the cart, the flame is well guarded against the strongest current of air, the glass is thick and strong, and you can increase or diminish at will the amount of light by simply turning a small screw, placed on the outside of the lantern, so that you have no trouble in removing the glass shade.*) Mosquito-curtains should be fastened to the lining of the carriage-roof, so that they may be rolled up by day, and kept out of the way, but let down at night to shield you from the attacks of mosquitoes. Warm wraps should be ready to hand, rolled up in one corner, in case the night should turn chilly, and your blanket not be sufficient. An umbrella should always find a place along one side of the

mattress, ready to put up at any moment you might want to get out of the cart.

Be particularly careful not to overload your cart, and remember, that it is no fair criterion to judge by what cattle can draw along at starting, on, possibly, a well-made, hard, level road. When posting by horse or bullock-coach, the best cattle are, almost invariably, kept at the post-houses nearest to the large towns and stations, and the further you get into the country, the worse does the condition of your cattle become, until they positively sometimes dwindle down into mere "rats," when, if able to drag you along at all, they can only do so "at a snail's pace." You must not trust to native servants to load a cart properly; their idea is to pile on as much luggage as the cart will hold, and then to seat themselves on the top and trust to Providence. If travelling in the hot weather, you should arrange, if possible, to travel by night, and to rest during the day-time at the rest-houses (called "Traveller's bungalows" in India) that are, in some shape or another, generally to be found at certain

fixed intervals of distance along the grand trunk-roads and more ordinary travelling routes.

Before starting on your journey, you should obtain from the Civil Authorities a paper showing the various stages, villages, and rest-houses, and the distances between each: after carefully timing the first stage or two, you would be able to form a pretty good idea of the time that would be necessary to get from any one particular rest-house to another, and could make your arrangements accordingly. You should also ascertain at what villages *en route* good drinking-water may be obtained, for the purpose of replenishing your supply: you would run great danger of cholera, dysentery, fever, &c., if you allowed your servants to fill water-vessels at any chance road-side pool or running stream, as they most certainly would not hesitate to do unless carefully watched. You would find one of Atkins' Patent Pocket Filters of the greatest use on such a journey, and no traveller should be without one.

You would have to make careful inquiries

as to what supplies might be obtainable at the various towns and villages through which you might have to pass. Your supply of bread, biscuits, tea, sugar, tinned meats and soups, condensed milk, tinned butter and potatoes would have to be carefully calculated, notwithstanding you might rely on getting fowls, eggs, rice, and a few simple vegetables and fruits *en route.*

If your party and impedimenta be in excess of what could be taken in one conveyance, you should occupy the leading carriage on the road, so as to escape the dust, keeping, however, a sharp eye on the second carriage, so that it might not lag behind ; or, if you have only servants and luggage in the second carriage, it is a good plan to send them on an hour or so ahead, so that they may have bath, food, and everything ready prepared for you, on your arrival at the next rest-house. If not travelling at above a walking-pace, as, indeed, will often be the case with bullocks, you will find it most refreshing to get out in the bright cool morning and have a good walk before the sun gets hot.

You should never start off on a stage and leave your servants to follow you: they cannot resist the temptation of lagging behind and gossiping at the different villages they pass through, and they only too often yield to the seductions of the village grog-shop. You will have to be particularly on your guard in this respect, for a servant who wishes to indulge in a drinking-bout, will employ every artifice he knows of to get you started off in advance of him. Once out of your sight, you will not probably see him again until, at the end of the journey, he turns up with your missing baggage and some cock-and-bull story of the driver having run away, &c. &c., or, if suffering very much from the effects of his drinking-bout, he will cower before you, with head and body muffled up in a blanket, and try and excite your sympathy with some pitiful tale of fever and ague. For the above reasons, you should be careful when travelling, how you send off a servant with money to buy necessaries, &c., unless you know him to be a man you may depend upon.

Many of our remarks under the heading "Travelling by Rail" will, evidently, be equally applicable to those who journey by road, especially such as refer to the necessity of protecting children from the sun by day, and sudden chills at night. You will require a few books to help pass the time, but should be careful to select only such as are printed in a large bold type, as it is almost impossible for the eye to follow a small close type, in a jolting cart. Take with you, in a bag, some small silver and plenty of coppers; you will be pestered at every stage for "buksheesh," and it is as well to give occasionally a small coin to a deserving Jehu, *pour encourager les autres*. Let your servants have charge of a small metal wash-hand basin containing, loosely packed, your towel, sponge-bag, soap-box, brush, comb, &c., so that, at any time, you may, without having to get out of your carriage, be able to get a refreshing bath. In driving up to a rest-house, you often find one of the rooms occupied by other travellers, and it is very convenient, to have, handy, the means of "tidying up" a bit, ere you

venture to meet the gaze of inquisitive strangers.

You should always arrange to have a good cup of hot tea or coffee with biscuit the first thing in the morning, as travelling all night is, even under the most favourable circumstances, most exhausting to the system. Children especially, should be provided with warm milk and a substantial "snack" at day-break, or as soon as they wake up.

Mountain Travelling.—In travelling from the plains to the hills, you must be careful to have with you, *ready at hand*, the extra wraps that you will certainly require as you ascend to more elevated regions. Have ready childrens' warm woollen dresses, jackets, &c. to slip on at a moment's notice, as the changes of temperature are sometimes both sudden and severe. There are many forms of conveyance, such as hand-chairs, palanquins, &c., used for ascending and descending mountain-roads, but, if travelling by an ordinary cart, you should obtain a good "purchase" with your feet, and sit with your back to the driver during the ascent of a

mountain, and *vice versâ* going down hill. Ascending from the heated plains, thirsty travellers are often unable to resist taking frequent and copious draughts of cold water at the deliciously cool-looking mountain-streams they pass on their way: this is a most dangerous practice if unduly indulged in, and children especially, should be carefully restrained. You must be prepared with a bottle of quinine in case your native servants get fever, as they probably will sooner or later. You must not imagine because the atmosphere around you may happen to be cool and refreshing, that you can dispense with your ordinary pith topee during the day-time—*you have still to guard against the rays of a tropical sun, although the thermometer may register only* 70°, *or even less.*

CHAPTER IV.

General Remarks on Diet—Bread—Meat—Poultry—Eggs—Fish—Game—Farinaceous Foods—Fruit—Vegetables—Tinned Provisions—"English Supplies"—Jams, Jellies, and Condiments—Water—How to make a Filter—Ice Machines—Milk—Alcoholic Drinks—Tea and Coffee—Cocoa and Chocolate—Lemonade—Aerated Waters, Syrups, &c.

Hints on Domestic Economy—Native Cooks—The Cook-room, or Kitchen—"Bazaar" Supplies—Store-room—Meat-safe—Cookery-book—Houses in the Tropics—The Verandah—Dining-room—Sitting-room—Bed-room—Dressing-room—Bath-room—Servants—Servants' Quarters, or "Go-downs"—The Stables—Dogs—Poultry-yard—The Garden—Orchids.

General Remarks on Diet.

In the tropics, the question of diet is one of paramount importance. Not only the nature of the food, but the quantity partaken thereof

ought to be carefully considered, for, while in temperate climates, any injudicious indulgence in the pleasures of the table, is only attended with temporary indisposition, a like course in a hot climate, would be followed by a train of disasters, often of the gravest description, and which sometimes result in permanent injury to the health. In making these general observations, however, we are fully aware that the instances in which women eat too freely are but rare; the difficulty, indeed, in most cases, is to induce a woman to take a sufficient amount of solid nourishment. Unfortunately, the amount of plain, wholesome food necessary to keep a woman in health, is only too frequently rejected in favour of various tasty kickshaws, calculated to cheat the honest appetite, and to substitute an abnormal craving for highly-seasoned and harmful "snacks" of food. Such an unwholesome system of dietary, often owes its origin to some, comparatively, involuntary cause, and the practice of "tempting the appetite" once having been indulged in, it frequently develops, by insidious degrees,

into a confirmed habit. Often, on first arriving in a country, a woman loses her appetite from temporary indisposition: such loss of appetite is, frequently, only Nature's surest indication that the stomach requires rest, and a timely submission to such infallible guidance, combined with some simple corrective treatment, would soon restore the organs of digestion to their normal condition; but, instead of this, well meaning and anxious friends try to force the appetite of the patient, by placing various appetising dishes before her at odd hours. The habit of taking meals at irregular hours is thus set up, and a permanently disordered digestion is the result. As far as possible, simplicity in diet should be studied. The food taken should be plain, well cooked, and not highly seasoned; while fancy dishes should be but sparingly indulged in. The hours of meals should be so arranged, that no undue lapse of time may occur between any two meals. The lighter descriptions of food, such as fish, poultry, and vegetables, should form the staple articles of diet. All food,

especially fish and vegetables, must be carefully examined as to its freshness before being cooked, as it is a common practice with native servants to purchase cheaply, stale, or even tainted food, and disguise the same in cooking by the use of condiments.

Turning from the discussion of food, we come to the equally important question of what may be best to drink in hot countries. The question which exercises the minds of most people is, as to whether alcohol in any of its various forms is, or is not, beneficial to the health of the consumer. Before proceeding further, we may mention that alcohol exists in greater or less proportions in all wines, spirits, and beer. All authorities are now pretty well agreed, that the less those who may be called upon to visit the tropics take in the shape of alcohol, the better it will be for them. "Apart from the fact, that alcohol, in any considerable quantity, is prejudicial to even the healthy body, it must be remembered, that we have to resort to its use during many critical periods of disease, and the benefit derived from

its administration on these occasions, will depend, in no small degree, upon the amount we are accustomed to take when in a state of health." We have pointed out, how irregular habits in the matter of taking solid food may owe their origin to some passing indisposition; in the same way, the taking of a few sips of sherry, a glass of stout, or a modicum of weak brandy and water when "a sinking sensation" is experienced, by insidious degrees, grows into a confirmed habit; and, although the bare idea of undue indulgence in this respect would be most repugnant to the mind of a refined woman, her health is, nevertheless, often sacrificed to the pernicious habit of taking stimulants at odd hours, with the idea that she is, thereby, "keeping up her strength." Fortunate, indeed, will it be for her, if, once having yielded to these mistaken notions, she has the strength of mind to give up the practice they have developed. Having in view the serious injury which so often results to the health of women in tropical countries from even the moderate use of stimulants, an injury that is,

doubtless, seriously enhanced by the necessarily sedentary nature of the life the climate imposes upon them, we would place our opinion on record, that, except in cases of sickness, and under medical advice, a woman should abstain from the use of alcohol in any of its forms.

Judicious care in the matter of eating and drinking, is so inseparable from the maintenance of good health, that we have considered it necessary to comment somewhat strongly, and to dwell at some length, upon this important subject.

Bread.—Native bakers in large towns, often supply bread of excellent quality; the bread, however, in up-country stations, is sometimes very inferior, and, in consequence of its being made with fermented toddy, or other substitutes for yeast, it turns sour in a very short time. When required for a journey of any length, bread should be cut in thick slices, and baked in a slow oven so as to form rusks. You will find home-made bread a great luxury. Good brown bread is particularly wholesome in

a country where sedentary habits are imposed by the climate.

MEAT.—In hot countries, meat is generally of indifferent quality, and small in size. In consequence of having to be cooked soon after being killed, it is frequently tough; this however, may be rectified, by letting it hang for a day or two in a meat preserving box that is specially recommended and described, in that most useful cookery-book for tropical countries, "Culinary Jottings for Madras," by "Wyvern," published by Messrs. Higginbotham; Madras. Mutton is generally preferable to beef, as being easier of digestion. Pork should not be eaten, unless home fed.

POULTRY.—This is generally cheap and plentiful, and is a most wholesome article of diet, being both light and nutritious. If settled, you should have your own poultry-yard, as "bazaar" poultry cannot compare, either in flavour or quality, with that which is reared at home: this is especially the case with ducks, which natives allow "to cater" for themselves in the town gutters. Guinea-

fowl and pigeons thrive well, and form a most welcome addition to the table.

Eggs.—The markets are generally well supplied with eggs, that great "stand by" when the extreme heat indisposes you for more solid food. You must make special arrangements if you wish to obtain new-laid eggs, and fresh eggs even are often difficult to procure. The common native method of testing eggs, is to immerse them in a pot of water, when the fresh egg sinks to the bottom, while the stale one is, more or less, buoyant. An excellent stand for holding a supply of eggs, and keeping them in a fresh state, is an American patent known as the "Ovifer." It is sold by Messrs. McKenzie & Sons of Holborn Viaduct, and would be most useful in the tropics. Buttering the outside of a new-laid egg preserves it fresh for a long time.

Fish.—Fish is very wholesome when perfectly fresh, most injurious if at all stale. It must be carefully inspected before being cooked, as natives have a habit of concealing

its staleness, by a variety of ways in which they prepare it for table. Good oysters are sometimes procurable, but, as a rule, all shell-fish should be avoided.

GAME.—Game and wild-fowl are most plentiful in some parts, but, in the tropics, there is danger in eating game after it has become "high."

FARINACEOUS FOODS.—Rice, sago, tapioca and all farinaceous foods form the staple articles of native diet in hot countries, and Europeans generally would be healthier, if they allowed such light and nutritious food to occupy a more prominent position in their scale of dietary. Rice, like the bread-fruit, forms a good substitute for bread; but rice boiled in water and eaten cold, is most indigestible. Rice eaten as a vegetable, with meat, is most wholesome.

FRUIT.—Various and delicious fruits are met with in the tropics, but they must be partaken of in moderation, and that good old adage—"Fruit is gold in the morning, silver at noon, but lead at night" must be held as

having special significance in these countries. You should never eat fruits or berries that are not generally well known: the most tempting-looking are often poisonous. Unripe, or over-ripe fruit is most unwholesome, and, by eating it, you would run great risk of getting cholera. Should an epidemic of cholera prevail, fruit of all descriptions should be carefully avoided.

Vegetables.—Vegetables are a most wholesome and desirable article of diet if properly and carefully cooked, but, imperfectly cooked, they are a common source of diarrhœa. European vegetables are often difficult to procure, but there are many excellent native substitutes, such as the sweet-potato, yam, bread-fruit, &c. Vegetables should be cut or dug daily, as wanted, for they soon dry in a hot climate.

Tinned Provisions.—Tinned provisions are, undoubtedly, a great boon not only to travellers, but to those residing in out-of-the-way places, where the resources of the market or "bazaar" are often extremely limited; but we would

remark generally, both on the score of health and economy, that it is inexpedient to use tinned provisions, when fresh can be procured. Tinned vegetables, &c. that require to be cooked, should be turned out of the tin into a basin several hours before cooking, when they will lose that unpleasant flavour of the tin they sometimes acquire after being long preserved. Tins often appear outwardly fresh and new, long after the contents have become unfit for consumption; in laying in a supply, therefore, one or more test tins should be opened. A tin that appears in the least degree bulged, should be regarded with suspicion. A good test—if the tin be not too thick—is to forcibly press in the bulged side with the thumb, when, if the tin, having given to such pressure, rebounds, it is a sign that it is not air-tight; and it should be at once rejected, as the contents, if not already bad, would soon become so. The directions outside a tin should be carefully read, as the end or side that is to be opened is, generally, specially indicated. *Tinned meats*, and, especially, *tinned fish*, do not keep long in

the tropics after they are once opened; tins of moderate size should, therefore, be selected. *Tinned vegetable soups* are most useful to add to meat *stock*, in places where fresh vegetables are scarce. You will generally have great difficulty in the tropics in getting really fresh *Anglo-Swiss milk;* the extreme heat soon causes it to turn in colour, and, more or less, solidify. When perfectly fresh, it should be of a delicate creamy tint, and of a consistency to just pour from a spoon, but, in native shops, up country, you will be offered Anglo-Swiss milk that has possibly been in stock for many years, and which, on being opened, will be of the colour and consistency of soft soap. If you use much tinned milk, you should make arrangements for obtaining supplies every three months or so from home, or through some reliable European shop-keeper. *Tinned butter* is most useful in places where fresh cannot be obtained. The flavour will be much improved, by taking out of the tin butter as may be required for the day's supply, washing it in cold water, then in milk, and finally

beating it into a pat. Tinned butter will be found a most valuable auxiliary in cooking: we have generally used it in preference to the clarified butter "ghee" that all natives are so partial to. Tinned provisions should be kept in a cool store-room, and the tins should be turned from time to time. In conclusion, we would remark, that tinned provisions generally, are too rich to be wholesome if eaten alone, but they form tasty and valuable adjuncts to plain and simple fare, and should be indulged in subject to such restrictive use, if health is to be considered.

"English Supplies."—Hams, Bologna sausages, brawn, &c. &c., are expensive luxuries, of which the less you partake, the better will be your health in the tropics.

Jams, Jellies and Condiments. — Delicious jams and jellies can be made of native fruits, such as the guava, mangoe, pineapple, hill-gooseberry, roselle, quince, &c., much cheaper and fresher, than any that can be bought; while, as for hot pickles, chutnies, curry powders, &c., to take a supply with you, would,

indeed, as regards many tropical countries, be "carrying coals to Newcastle." Native cooks require *restraining* in their use of sauces, &c.; some of them would think nothing of putting the third of a bottle of Worcestershire sauce into a stew, for instance. The too free use of condiments, is most harmful to the digestive organs, but, unfortunately, this fact is too often disregarded in the tropics, it being frequently urged in extenuation, that pungent sauces are necessary in hot countries to aid digestion, and the fact of natives partaking of chillies, &c. with their daily food, is put forward in support of this mistaken theory. As a fact, a native's dietary is a most simple one, and there is no comparison between the small saucerful of hot pepper-water, with which he will season his meal of plain boiled rice—eaten, probably, after a hard day's work—and the highly spiced, greasy mess of meat, ghee, &c. with which a European will try to tempt an impaired appetite.

Water.—We now come to the important question of water. All water used for drink-

ing purposes, must, if possible, be boiled and filtered; and you must take care that it has not been obtained from any place where it may have been contaminated with decaying animal or vegetable matter. Native servants are most careless, not only as to the source whence they obtain water, but as to the cleanliness of the vessels in which they store it. Your personal attention must be given to both these points, as bad water is a common cause of dysentery, cholera and other often fatal disorders. Natives generally entertain the most peculiar ideas on the subject of drinking-water, often preferring for their own use, on account of some mystic virtues it is supposed to possess, water that is thick and muddy, and even sometimes positively offensive in smell, while they will reject clear spring water, on the grounds that were they to drink it, it would give them fever. Without interfering with their prejudices in any way as regards their own drinking-water, you must, at the same time, be careful not to be personally influenced by advice, which is often but the upshot of

ignorance and superstition. In Australia, water is kept deliciously cool in canvas buckets, hung up, and exposed to the sun. Water carried in canvas bottles keeps cool.

How to make a Filter.—Take four stout bamboos, about three inches in diameter and six feet in length, and cut twelve wooden crossbars, two feet long by one inch square. Cut square holes in the four bamboos, into which the cross bars may tightly fit, and form a square ladder, with three rungs on each side, one rung in the centre, one a foot from the bottom, and one a foot from the top. Here you have a fairly firm, four-sided stand, which may be made more secure, by splicing with coir rope. Take three earthen water-pots (chatties) of sizes that will rest, one under another, in the wooden squares formed as above: bore small holes just large enough to allow water to drip out, in the bottoms of the top and centre pots, and half fill these two pots with alternate layers of coarse clear sand and charcoal. The drinking-water having previously been boiled and allowed to cool, is poured into the top receptacle, filters

slowly through into number two, and thence into the pot at the bottom, whence, pure and cool, it can be taken for use. To prevent dust or dirt getting into the pots, they should have saucer-shaped, perforated covers. Such a filter should be kept in a corner of an outer verandah, where it will be freely exposed to the wind and sun; when water kept in porous, earthen vessels, is exposed to the sun, the process of evaporation causes it to become deliciously cool. In a filter of this description, the charcoal and sand should be renewed once a week, or at least twice a month. If you do not take care, your native servants, to save themselves trouble, will pour the unfiltered water into the bottom receptacle, utterly ignoring the two filtering vessels placed above.

Ice-Machines.—A good ice-machine is a great luxury when it works easily and properly. Unfortunately, many are, in themselves, so cumbersome, costly, and complicated, and require such a number of accessories (which are always running short), that they do not repay the trouble and expense of carrying

about. We have tasted many partially-frozen, sickly-hued compounds, the result of much anxious, amateur labour, but have been generally thwarted in our friendly efforts to determine the particular flavour of any of the same, by the brine or train-oil which always seems to work its way into amateur-made ices. As this was always explained to us as owing to some unpreventable leakage, or the result of the continual lubrication necessary to keep the works of the machine in order, we gradually began to lose faith in ice-machines—at least, from an *amateur* point of view. In many large stations, ice is manufactured, or foreign ice is stored, which can be purchased for a few pence per pound.

Milk.—Good milk is generally difficult to obtain, and you should endeavour to keep one or more cows of your own, and have them milked in your presence, especially if you have children to provide for. All milk purchased, should be carefully tested with a lactometer, as natives adulterate milk with the most unblushing effrontery. To prevent milk turning

sour, natives are in the habit of boiling it, and owing to the careless way in which this is done, it is generally rendered smoky and undrinkable. By adding fifteen grains of bicarbonate of soda to a quart of milk, you may delay its turning sour for some time. The natives of many tropical countries are in the habit of curdling the milk, by adding some acid substance. Carefully prepared, and partaken of in limited quantities, milk so prepared is a most refreshing and nutritious article of diet for Europeans. In this form, it is sometimes known as "tyre." If you keep cows, you should certainly make your own butter: the addition of a little buffalo milk (which is very rich and creamy) to cow's milk, will greatly assist you in turning out good, solid butter. When cows are difficult to obtain, goats might be kept, but goat's milk is generally too rich to be taken in large quantities, and many people object to its peculiar flavour. For a small extra charge, you can generally arrange with a milkman, to bring the cows up to the house, and have them milked before you.

This is the only way to ensure getting pure milk.

Alcoholic Drinks.—Good claret, taken with water, is the least injurious; next to this light wines, especially the Australian light wines, are the best; then there is beer, and, lastly, spirits. *Of all the forms of alcohol which can be taken in a hot climate, spirits are the most injurious.*

Tea and Coffee.—Tea and coffee are both wholesome, but the former, when taken very hot, in large quantities, or too strong, seriously impairs the digestion; while too much coffee tends to heat the blood.

Cocoa and Chocolate.—Cocoa is a most suitable beverage for the tropics, but it should be of the best quality, such as "Van Houten's" cocoa, &c. Chocolate is too rich for ordinary use.

Lemonade.—Lemonade made with fresh lemons or limes, is deliciously refreshing, and much more wholesome, than the ordinary medicated stuff sold in bottles.

Aerated Waters, Syrups, &c.—Harmless

and refreshing beverages may be made by mixing fruit syrups with various aerated waters, but the practise of constantly drinking in the hot weather, large quantities of soda-water, tonic-water, gingerade, &c., at all hours of the day, is a common cause of dyspepsia and other disorders. Mineral waters should only be indulged in under medical advice. Cold tea and lime-juice, or vermouth and water, will be found most refreshing. Toast and water, is one of the simplest and best drinks we know of to quench thirst. Many people, on first entering the tropics, drink large quantities of the milk of the green cocoa-nut. A small quantity in the early morning is refreshing, and harmless, but it should be partaken of most sparingly, as it is apt to produce diarrhœa. In cases of extreme thirst, it is a cardinal point to remember, that *the more slowly the fluid passes down the throat, the greater will be the relief experienced.*

Hints on Domestic Economy.

Native Cooks.—Natives of tropical countries, seem to have a natural aptitude for cooking, and, in travelling east or west, should you occasionally have the temerity to trace any particularly appetising dish to its source, the chances are, you would find you had been indebted to the culinary skill of some scantily robed "Ramaswamy," "Pompey" or "Ali Sing." Much has been written in favour of and against native cooks; our own experience is, that with proper and careful supervision, and a little training in the higher branches of his art, a native cook is often capable of turning out a dinner, that would do no discredit to a Parisian chef-de-cuisine, while his ordinary unaided efforts will, so far at least as "results" are concerned, bear favourable comparison with the daily meals prepared by an average English cook. To those who do not care to look beyond results—and there are many who are either too inexperienced, or too lazily indifferent, so long as things appear to be all

right—the ordinary native cook would probably give ample satisfaction, but, when our health is at stake, it behoves us to pay some regard to the *modus operandi* in the preparation of our daily food, and it is when prying into and about our cook-room, that "Ramaswamy's" weak points—a general disregard for cleanliness, and an extravagant use of grease and condiments —force themselves most unpleasantly upon our attention.

THE COOK-ROOM, OR KITCHEN.—It is no exaggeration to say, that, if not carefully looked after, a native cook will not only make the cook-room his sleeping apartment, but he will not hesitate to convert the chopping-board into a dressing-table; while your table-cloth and his waist-cloth would occasionally do extra duty, the one for wiping plates, and the other as a sheet. Native cooks do not understand complicated cooking-stoves, cooking utensils, &c., and, unless you can devote time to personally educate your cook's taste in such matters, and patiently overcome the obstinate persistence with which he will cling to his own

primitive fashions, you will be wise not to interfere with him, more than may be absolutely necessary, in the fitting up and furnishing of his cook-room. There are certain things, however, that you must insist upon, namely:

I. That the cook-room shall not be used for other than its legitimate purposes, and that other servants, children, &c., shall not be allowed to congregate therein.

II. That the cook-room and its contents shall be kept thoroughly sweet and clean.

III. That filtered water shall, in all cases, be used for cooking purposes.

IV. That any copper cooking-pots that may be used, shall be periodically "callayed," or tinned inside.

V. That the kitchen cloths and towels shall be sweet and clean, and used for no dirty work, such as cleaning lamps, &c. (You should arrange to issue fresh cloths daily, being careful to receive back the soiled ones.)

VI. That your cook shall be, at least *outwardly*, cleanly in dress and habits.

"BAZAAR" SUPPLIES.—Your cook should attend daily at market or "bazaar" to purchase supplies. He should be at market at daybreak, so as to obtain a choice selection of articles: he will, probably, make this an excuse to ask you for the marketing money over-night. If you give a cook money over-night, he probably spends half of it in drink, and "squares" accounts in the morning by buying cheaply, tainted meat or fish, and stale vegetables, which he smuggles into the cook-room, so as to escape your observation. If you are not up yourself sufficiently early in the morning, you should leave the money on your dressing-room table, or somewhere handy, and let your ayah hand it to the cook when he starts for market. You should settle your cook's bazaar accounts daily, and should never allow him to keep a running account. Obtain, from time to time, an official list of market rates and bazaar prices, a "price list" by which to check your cook's daily charges, and occasionally visit the market, to personally satisfy yourself as to its food resources. You

should be most careful to inspect, every day, the fresh supplies purchased by your cook. You should measure out daily as much ghee or butter as may be necessary for cooking purposes, and you must ascertain from some experienced housekeeper what quantity may be really necessary, as this is always a point of contention with native cooks, who, if they had their will, would generally send up your food swimming in grease, it being a common native idea that ghee is the basis of all good living, and that there cannot be too much of it used in preparing the food.

STORE-ROOM.--Your store-room, should, if possible be on the shady side of the house, either on the north or south side; it should be secured by a good "Yale" padlock (p. 55), and carefully swept out every morning after you have given out the day's supply of groceries, &c. In sweeping out the store-room, you must be careful to look out for any traces of the white ant, and if any holes are discovered in the flooring or walls, up which these pests of insects work their way, they must be imme-

diately plugged up with tar, or the contents of your store-room would fall a prey to their voracity in a very short space of time. White ants spare little but metal and glass in their attacks, and the amount of property destroyed by them is incredible. Black and red ants are particularly fond of sweet oil, sugar, and all sweets, and countless hosts of them sometimes play sad havoc in your store-closet, creeping in between the chinks of the door and windows and wherever there may be the smallest opening. Keep your store of sugar in tightly-closed tin boxes, and stand your sugar-basin in a saucer of water; the oil-flask also must be tightly corked.

Meat-safe.—Your meat-safe should stand in a corner of the back verandah, where, while getting plenty of fresh air, it will be exposed to neither sun nor rain. The sides of the safe should be of perforated zinc, or wire gauze, so as to admit air, but exclude all insects. The legs of the safe should stand in four little tin pans, kept filled with water to prevent ants from creeping in; the back of the safe must

not touch the wall for the same reason. The meat-safe should be wiped out every day: native servants are not only in the habit of allowing food to remain in a safe after it has turned bad, but they cram the drawers with candle-ends, lamp rags, and all sorts of dirty odds-and-ends.

Cookery-Book.—A good cookery-book will be invaluable to you up country, where you are often "at your wit's end" to find some little relishing dish to vary the monotony of the weekly round of bake, boil and stew. It must be remembered that the resources of an up-country market are often most limited, therefore many excellent cookery-books of European reputation would be practically useless in countries where the ingredients mentioned are unobtainable. The most useful work on cookery, for a housekeeper in the tropics, that we have met with is "Culinary Jottings for Madras," by "Wyvern" (4th edition) published by Messrs. Higginbotham, Madras. An excellent book on sweet dishes has been written by the same author.

HOUSES IN THE TROPICS.—In cities and large towns where ground is valuable and space has to be economised, the ordinary European style of architecture is in a great measure adhered to, but in the suburbs of towns and in up-country stations, what, at home, would perhaps be described as a "villa residence," and, in India, is known as a "bungalow," a single-floored house, with a flat or thatched roof, is the common form of dwelling-house.

In selecting a house in the tropics, the main point to be considered after the question of accommodation, is proper and sufficient protection against sun and rain, therefore, not only both the roof and outer walls should be most substantial, but the interior of the house should be further sheltered by a good broad verandah enclosing it on two or more sides. For a roof, thatch offers a much better protection than either tiles, shingles, or slates—indeed these latter are most unsuitable for hot countries—but the thatch must be laid on thickly by experienced workmen, or it will not long keep out the heavy monsoon rains. Many houses have flat

roofs built of thick masonry; through which the sun cannot penetrate, and such roofs, on the score of economy, are certainly to be preferred to thatch, which requires more or less renewing every second or third year. A house, and the verandah round it, should be built on a substantial masonry platform, that, by raising it some two or three feet above the ground will keep out all damp. The direction in which the house faces with reference to the prevailing winds, and the morning and afternoon sun, and the general sanitary condition of the neighbourhood are also matters for consideration. Doors and windows should be fitted with "Venetian" shutters, and in countries where punkahs are used, the same should be slung evenly and securely. Rafters, beams, and all wood-work must be carefully inspected, as white ants will often eat out the entire inner portion of a wooden beam, leaving nothing but an outer shell of the thickness of a piece of cardboard. The servants' quarters, stables, and all out-houses ought to be well removed from the house. There should be no rank

vegetation or standing water in the vicinity of a house, the same being fertile sources of fever and ague. If there be many surrounding trees, all undergrowth should be carefully cleared away, and any dense foliage that may interfere with the free circulation of air should be removed. The water of any wells that may be in the grounds should be carefully analysed or tested before being used: when wells have not been used for some length of time, the water should be drawn off regularly for a week or ten days, and the well, as far as possible, cleaned out before the water is used for drinking purposes. Before entering a house for the purpose of taking up your abode, have every door and window kept open for at least twenty-four hours, the rooms carefully swept and washed out, the ceilings white-washed, and all painted wood-work washed with soft soap and water. All drains should be carefully cleaned out, and well "flushed" with a solution of "Condy's fluid" and water, or some other disinfectant. Houses that have been standing empty for any time, are common

harbours of refuge for snakes, scorpions, and every species of creeping thing, so every nook and cranny of a house must be thoroughly overhauled, old mats or carpets taken up, any fixtures or standing heavy furniture temporarily shifted, and all flower-pots or half-tubs containing flowers, that may be in the verandah, lifted and placed in fresh positions. *You must be particularly cautious in shifting flower-pots, &c., that may have been in position for any length of time, as you run a great chance of being bitten by any scorpion, tarantula, or centipede that may have taken up its quarters in such commonly favourite resting-place. The chinks between old masonry or loose brickwork are favourite haunts for snakes and all manner of reptiles, as are also long-standing piles of bamboos, stacks of wood, &c., which should be lifted and dislodged with caution, and a vigilant look-out kept the while for such lurking enemies.*

THE VERANDAH.—Many houses are surrounded, or partially surrounded, by an outer as well as an inner verandah, and, under cer-

tain conditions, the comfort afforded by this "double line of defence" is very great, but it must be borne in mind that the house must be built sufficiently high, have a sufficient number of doors and windows, and the rooms be lofty enough to admit of such extra shade being added without making them too dark. A more or less subdued light is a most acceptable relief from the glare of a tropical sun, but to pass the greater portion of the day in rooms that are positively dark and gloomy is very depressing. A masonry portico, or a "pandal" (Indian name for a light roofing of thatch supported on posts or pillars), is generally thrown out in front of the verandah, as a shelter for carriages driving up to the house, and in many houses, in lieu of an outer verandah, such a pandal is carried completely round the house, an extra square piece being built out in front for carriages to pass under.

With the exercise of a little taste and trouble, your verandah may be so fitted up as to form a delightfully "cosy nook" in which to take early breakfast, or to indulge in an after-dinner

lounge. A few creeping plants (not too thickly planted, or they exclude air and harbour mosquitoes) trained gracefully over the masonry pillars, flowers arranged up the steps and along the outer sides of the verandah, and a few in hanging baskets (the present wonderful imitation flowers, if natural be not procurable), serve to cover the nakedness of this generally crude architecture, and to "tone down" the surrounding whitewash, while a strip of stout bamboo matting with some bright-patterned borders, hides the bare brick-and-mortar flooring. "Chicks," or blinds made of split bamboo, painted dark green, lined with common, thin, coloured cloth, and made to let down or roll up with ropes and pulleys, are generally hung between the pillars of the verandah, and are lowered to exclude the glare of the mid-day sun. The verandah is a capital place to sling a net hammock. A few comfortable easy chairs, made of cane or rattan for coolness, one or two "tea-poys," or "gipsy" tables, and a small square breakfast-table is about all the furniture that is required in a verandah, but a punkah with a

pretty fringe is an ornamental and useful addition, to keep off mosquitoes, and fan the heated brows of visitors, who, after the morning ride, delight to drop in to "chota hazree" at any house where they are sure of meeting a cheerful hostess and a "homely" welcome.

Dining-Room.—Study to keep your dining-room as cool as possible, for at no time is heat felt more oppressively than when at meals. The punkah, should be large enough to include the whole length of the dinner-table, and should swing without noise; we defy anybody to resist "bolting" their food, when sitting under a punkah that spasmodically works with an alternate creak and jerk, the fringe remonstrating with a snapping "flap," at being always ruthlessly checked midway, when prepared to accomplish the full distance. The floor of the room should be covered with matting — split cane, or rush matting, being neater than split bamboo. Natives make matting in many and various pretty designs. There should be no unnecessary furniture in a

dining-room: in addition to the chairs and dining-table, a sideboard and a pair of dinner-waggons, or side tables, will be found ample. A few good pictures should alone decorate the walls. Natives exhibit considerable taste and skill in the arrangement of the floral decorations of a dinner-table, but as they have a truly barbaric love for red and yellow, it is not always wise to leave to them the selection of the flowers. With careful drilling, natives wait very well at table, but, unless the details of a dinner are carefully pre-arranged, it is apt to be served by fits and starts, and, during the awful pauses that keep a hostess on "tenter-hooks," the servants generally lose their heads, and struggle together outside in clamorous confusion. Many ladies provide their servants with white cotton gloves to wear when attending at table, and they certainly have a nice clean appearance, but it is as well to see that your servant's gloves fit him properly, for, if left to purchase them himself, he will probably don a pair many sizes too large for him—looking "all thumbs," so to

speak, and the ends of which, being beyond his control, will assuredly find their way into every plate of soup he hands round.

SITTING-ROOM.—We need scarcely advise you to arrange this room as tastefully and prettily as you can, but we would point out, that all such arrangement must be made with a due regard to proper ventilation, coolness, and protection from glare. In Chapter II. (p. 55–56), in our remarks on "lace curtains," &c., we offered several suggestions for furnishing a sitting-room, which it would be unnecessary to repeat here. You will, probably, on your travels, pick up many curious and pretty articles of Eastern manufacture, such as bronzes, china, &c., and such things will go far to supplement the few drawing-room ornaments you may take out with you. If your drawing-room be boarded, you might stain and polish the boards all round the room, and cover the centre with some bright-coloured Indian or Persian carpet; or, if the weather be extremely hot, a large square of pretty matting may well supply the place of a carpet. If matting be put down,

the edges should be neatly bound, and fastened down with brass-headed carpet-studs, or you will be continually catching your foot in it. A few pretty Persian rugs, placed here and there in a room, and one or two "occasional" or "gipsy" tables, will all help to furnish without taking up too much space. Screens, and "half-door" screens may be tastefully worked in crewels; while door-panels and punkah frames, offer ample scope for the artist in oils. The punkah fringe should harmonize in colour and arrangement with the rest of the furniture, and must not be left to the inventive genius of a native tailor, whose only idea of a punkah frill, is a long piece of long cloth "gathered" like a bed valence, and trimmed with two strips of scarlet braid.

Bed-room.—A bed-room should be lofty and well ventilated, and nothing should be allowed to obstruct the free circulation of air. The furniture should be limited to the bed, an almirah or chest of drawers, two or three chairs, and a couple of "tea-poys" or small tables. No clothes, boots nor shoes should be kept in

the room, as they harbour mosquitoes; for the same reason, the bed should be kept free from all hanging drapery. If procurable, iron are to be preferred to wooden beds. Mattrasses should be made of cotton or wool, and an "overlay" mattrass of curled hair, will be found most cool and comfortable. The ordinary spring mattrass used at home, would be a great luxury if you were permanently settled, but, otherwise, you would find it a cumbersome article when travelling. The pillows should not be so soft as to allow the head to sink into them, or they will keep the head in a continual bath of perspiration, which, by the way, is most injurious to the hair. The legs of the bedstead should stand in little tins of water to keep off ants. During the hot season, no covering, besides a sheet, will be required during the greater portion of the night, but a light blanket should always be kept loosely folded at the foot of the bed, to draw up should you feel chilly towards morning. Children should always sleep under mosquito-curtains. A punkah ought to swing easily, and without any

noise, or it will greatly disturb your rest, and the ropes by which the punkah is suspended, should be sufficiently long to allow of the punkah making a wide sweep over the bed. Punkah-keepers sometimes fall asleep, the punkah stops, and the unfortunate sleeper gets bathed in perspiration, which is suddenly checked when the punkah puller, waking up, tugs away violently to make up for lost time. The room should be covered with soft matting, and strips of carpet laid at each side of the bed.

Fine "chicks" (blinds made of long strips of bamboo, cut to about the thickness of a lucifer match and strung together with twine) should be hung over doors and windows, for while admitting air and light, they ensure privacy. Matches and candle should always be kept close at hand, and a shaded light burning during the night in the adjoining dressing or bath-room. When sleeping alone, you should arrange that your female servant sleeps somewhere within easy calling distance.

Dressing-room.—You will have a good many

things to keep in this room, it should therefore be of a fair size, and provided with one or more good cupboards. You will require plenty of light to dress by, so we would recommend windows tastefully ornamented with "vitremanie" (Chapter II. p. 46) in place of Venetian shutters. The floor should be covered with matting, with a large square of carpet, or an Indian rug in the centre, and reaching to within a couple of feet of the wall. There should be a small punkah hung in front of your dressing-table, but not too low, or it will blow about your hair when dressing. This punkah should be pulled from the outside of the house, so that you may have perfect privacy. In addition to the ordinary furniture of a dressing-room, you will find a "grasshopper" invalid couch most convenient and comfortable to recline on occasionally, and, with a comfortable mattrass and cushions, covered with a pretty cretonne, such an article of furniture is an ornamental addition to the room. No clothes should be kept hanging about the room, or the place will soon swarm with mosquitoes. Dresses should

be kept in closed almirahs, and all other garments in boxes or chests of drawers. In damp countries, clothes should be kept in tin-lined boxes, and everything taken out and well aired from time to time. A quick and efficacious way of airing clothes, is to have a large open framework, some six or seven feet in diameter, roughly made of bamboos, and shaped like a bee-hive; this is placed over a pan of live charcoal, and the clothes, &c. spread over its outer surface, get thoroughly aired without any danger of being scorched. Where camphor-wood is procurable, it will be found invaluable for making almirahs, chests of drawers and boxes, for clothes kept in camphor-wood boxes are never attacked by any description of insect. In ordinary boxes, &c. you must be most careful to keep little camphor-bags, and these must be renewed from time to time as the camphor soon perishes in hot or damp climates. All furs and woollen materials are specially liable to be destroyed by insects, and must be carefully looked after. Any clothes that may be hanging up must be frequently taken down and shaken out, as

moths abound at certain seasons, and are most destructive. Your boots, and all leather articles will require to be protected, as we have described in Chapter II. (p. 23). All boxes should rest on small pieces of brick or stone, or, better still, the halves of beer-bottles that have been neatly cut, so as to be raised a few inches off the ground; myriads of the small white maggots known as white ants, frequently come up through the brick and mortar flooring, and, after destroying the matting, proceed to devour whatever wood-work comes in their way; and, in a very short time, they would not only eat away the complete bottom of a box, but would play sad havoc with its contents. You must be continually on the watch for these troublesome insects. Ladies commonly have a careless habit of leaving money and articles of jewellery on their dressing-tables: in countries where doors are nearly always kept open, and barefooted natives prowl about noiselessly, there is every facility for thieving, and, knowing this, you should be most careful to keep all valuables securely under lock and key, and in

heavy boxes that cannot easily be walked away with. Should you lose any article, even though its value be intrinsically small, you must immediately hold a "court of enquiry," and not cease from worrying your servants until the missing article be restored. It will generally be found in some out-of-the way corner, where it could not possibly have tumbled, and your ayah will point it out, with a well-assumed air of pleased astonishment. Your female servant should be held responsible for the safe custody of everything in your dressing-room, and, if small articles begin to disappear, you should dismiss her from your service there and then, *noting, in the written character you may give her, your reasons for so dismissing her*, for, if she is not actually the culprit, she has, at least, proved herself utterly incapable of looking after such property as may have been in her charge.

Bath-room.—Your bath-room should lead out of the dressing-room. "Vitremanie" will here again be useful for the glass windows. The bath should be a full-sized one. Many

capital baths are built of brick and chunam: the chunam taking a beautiful polish, looks like white marble, and makes a most luxurious bath. If you have a wooden bath, you must be careful to have it scrubbed out every day, as water drawn from tanks, for bathing purposes, often leaves a small deposit of sticky vegetable matter, which adheres to the sides and bottom of the bath. This deposit is so small in quantity, as to be imperceptible for some days, but, if allowed to accumulate, it soon discolours a bath, besides rendering it most slippery and unpleasant to use. The holes in the wall by which the bath-water escapes, should have gratings placed over them on the outer side of the wall, as toads, frogs, snakes, and other unpleasant visitors are fond of working their way up these cool passages into the bath-room. A neatly made wooden grating, or a flat piece of cork, will be found very useful to stand on, when getting out of your bath. Chinese grass slippers are most comfortable to slip your feet into when going to bathe. Many people are unable to bathe in

cold water, and use warm water instead. A good criterion as to whether cold bathing agrees with you, is the amount of enjoyment you derive from it. If a cold bath causes you to shake and shiver, you may be pretty certain that it does not agree with your constitution, and you will be wise to give up cold bathing at once.

SERVANTS. — Native servants generally, are as wayward and capricious as children, and firmness, judiciously tempered by kindness, is essential to their proper management and control. Allowances must be made for the known ordinary weak points of native character —untruthfulness, and "picking and stealing," and small peccadilloes must not be visited too severely upon the delinquent, notwithstanding, it would be a mistaken policy by passing over the same unnoticed, to allow servants to imagine they had "hoodwinked" you. The practice of fining servants for trivial offences, is both injudicious and inconsiderate: the pay of a native servant is but small, and out of it, he generally has to provide for the wants of

many needy relations, and to mulct him of any portion thereof, only tempts him to recoup himself by illegitimate means, and at your expense. Good servants command good wages, and you must pay accordingly. Granting servants advances of pay is a mistake, save under very exceptional circumstances: once in your debt, servants become discontented and careless, and the temptation to evade repayment often becoming too strong for them to resist, they either run away, "making a clean bolt of it," get mysterious and unaccountably sudden attacks of fever, &c., or give so much trouble, as to force you to dismiss them. Honest work and good behaviour should be rewarded by an occasional gift of clothing. A native servant will often try to support an aged parent and several other relations besides his own wife and family, and you will frequently have to exert your authority, to try to prevent a lot of lazy brothers, and other male relations, well able to work for themselves, from thus "sponging" upon one or other of your servants. It is needless to

observe, that either directly or indirectly, you have to contribute your quota to the support of the above-mentioned idle hangers-on. Native clothing is inexpensive, and washing is cheap; you should, therefore, always insist upon your servants being clean and tidy at all times of the day. No ayah or female servant should be allowed to sleep out of the house at night. It is a bad plan to be continually threatening native servants, or "nagging" at them—bad for both mistress and servant; if, after one or two warnings, a servant continues to misbehave, dismiss him there and then: such summary treatment will act as a good warning to your other servants, and, notwithstanding you may be temporarily inconvenienced, you will derive much ultimate comfort by being known as "*a mistress who not only means what she says, but who acts up to it.*"

Servants' Quarters, or "Godowns."—You should occasionally visit your servants' quarters, to see that they are kept in a proper sanitary condition: it is impossible for servants to be clean in their persons, when in their own

quarters they are huddled together like pigs in a sty. No persons but your servants' wives and children should be allowed to live or "squat" on the premises: if you are not strict in this particular, your out-houses will soon be crowded with natives, and you will not be able to visit your stables or back premises without stumbling, at every second step, against the body of some dusky "piccaninny," crawling about "in puris naturalibus."

THE STABLES.—It is curious how many people there are, who, professing a fondness for animals, nevertheless, leave their comfort and well-being to the sole care of servants, and only take the trouble to interfere, when some unusually gross case of neglect or ill-treatment forces itself upon their notice. If you have any regard for your horses, you should visit the stables at least once a day, to assure yourself that they are being properly looked after; and, at feeding times, the horses should be led up to the house, and their food measured out by the native horse-keeper, and eaten by the horses, either in your presence

or that of some trustworthy deputy: Indian horse-keepers and their families are very partial to soup made of the gram with which horses are fed. You should have no fixed hour for your daily visit to the stables, or your horse-keepers will be on the look-out for you, and everything will outwardly appear *couleur de rose.* In hot countries stables should be spacious, properly ventilated, protected by a good thick roof, and built so that the horses may be properly sheltered from the prevailing winds, as many valuable horses are lost annually by what is commonly known as "wind-stroke." Stables should be kept sweet and clean, the interior of the roof well swept, and the walls white-washed from time to time. The front of the stables should be provided with hanging mat screens, fastening on hinges, to let down on cold or windy nights, or in the rainy season: during the day, these screens can be propped up by a bamboo support, and thus serve to keep out the slanting rays of the morning or afternoon sun. All drinking water for horses must be pure

and good, and, on non-working days, a bucket of water should be left in the stables for them to drink at will. When heated after work, horses must be allowed to cool down before being watered. When a horse is in work, green food should be given in limited quantities only: grass should always be cut one day before use and spread out to dry, wet grass being a common cause of sickness. The daily forage should be divided into three feeds, given, in the morning before work—at mid-day when resting—and in the evening after work. Hard food like chenna, grain, and beans, should be either crushed, or soaked in water for a few hours—but not allowed to remain soaking too long, or it will turn sour. After hard riding or driving, a horse should be walked about, so as to gradually cool before the saddle or harness is removed. The backs of riding-horses, and the shoulders of draught-horses should be examined from time to time, to see if there be any saddle or collar-gall, or tenderness on pressure with the hand; native horsekeepers are, as a rule, most cruelly in-

different to what they consider "such trifles." Salt and water (a strong solution) is a safe and simple cure for saddle-gall. Unless kept up to the mark, native horse-keepers are most sparing of "elbow-grease" in the matter of grooming. If possible, always get your horses shod by a good European farrier: native farriers not only have a bad habit of cutting away and paring down a horse's hoof (often to the most serious injury of the *frog* and other tender parts) but they occasionally drive in nails at random, so your horse runs a double chance of being lamed. Horses want warm clothing at night, as, even in the hot season of the year, chilly winds and heavy dews are experienced in the early morning. The stables must be occasionally visited at night, to see that the horse-keepers have not appropriated the clothing for their own bed-covering, as is a common practice with them.

Dogs.—There are but few breeds of dogs that will stand a tropical climate, and it is a positive cruelty to take thick-coated dogs that you must know can only thrive in cold

countries. The best food for a dog, is "Spratt's dog-biscuits," but these are not always procurable. We kept our own dogs in good condition on half a pound of meat daily, cut into small pieces, and stewed with a breakfast-cup full of rice; this mess, with a bone for the teeth to play with, we always gave after sundown. Except a bit of biscuit at odd times, dogs should only be fed once a day. A basin of water should be kept in the verandah, or some place where a dog can have access to it at all hours. Dogs should never be allowed to lie on mortar or chunam flooring, as it not only causes the hair to fall off, but produces troublesome sores. Dogs require to be brushed and cleaned daily, and their ears must be carefully inspected, for they get covered with "ticks" and other insects, that not only worry, but positively feed upon them.

"Naldire's soap tablet" should be used for washing dogs, while "Keating's Insect Powder" would be useful to rub in occasionally. In many countries, small dogs left outside at night, would be liable to be carried off

by jackals, wild-dogs, or other nocturnal ramblers.

Poultry Yard.—A good poultry yard will well repay you for the trouble of looking after, but, if you cannot look after it yourself, we advise you not to waste money in constructing and stocking one, for, when left to the care of native servants, a poultry yard is apt to prove unprofitable in more ways than one—not only is the average weekly death-rate an alarmingly heavy one, but hens apparently give up laying eggs, and birds disappear in a most unaccountable manner directly they become "fit for table." A fowl-house requires to be substantially built, and enclosed with good wire netting, to keep out foxes, wild-cats, pole-cats, mongooses, and other poultry-loving quadrupeds, not to mention kites, hawks, &c., which birds are "sudden death" on small chickens. All wooden posts, &c., both above and below ground, should be well tarred to resist the attacks of white ants. The flooring should be of brick, or rats will soon find their way in. The house in which the birds roost at night,

must be protected with a good roof, and ventilation should be afforded, without leaving any opening through which rats could enter: this can be managed with close wire netting. The fowl-house should be frequently white-washed, kept scrupulously clean, and well provided with drinking water, and the only entrance should be through a door secured by a really good padlock—a "yale" or "letter padlock"—the key of which should be in your possession. You should provide yourself with some good work on the rearing of poultry.

THE GARDEN.—There are but few parts of the tropics, where you could not manage to make something in the shape of a garden, however humble it might be; while, in most tropical countries, the only thing that would ever be likely to puzzle the most ardent lover of horticulture, would be an occasional "*embarras de richesse.*" Gardening is a most healthy and pleasurable occupation for ladies, but they must not be led away by over enthusiasm in its pursuit, to risk undue exposure to the sun, and they must be most careful to protect the

head, and back of the neck when gardening, for it is when stooping over flower-beds, &c., that the rays of the morning sun steal in under the brim of the hat. A lady should generally manage to do her potting under the shade of the outer verandah, or pandah, and, after the sun has risen to any height, content herself with supervising the work of her gardener from a safe distance. After arrival at a station, you can soon ascertain what flowers and vegetables will grow there, and a packet of seeds can easily be obtained from home by parcel post (get a friend to select fresh seeds for you), pending arrival of which, your time will be generally fully employed in preparing your flower-beds. You will find wire netting most useful to keep out dogs, porcupine, and—most destructive of all animals in a garden—goats. Gardeners are perhaps the most satisfactory of all native servants, but they have, as a class, certain peculiar whims and crotchets, which require to be carefully combated. One, is a habit of knocking off all the blossoms from flowering plants, by drowning them under a perfect

deluge of water, dashed out of an earthen pot, instead of watering them with a moderate quantity, poured gently from a watering-pot with a "fine-rose" nozzle; another weakness of theirs, is to pluck fruit for storing, when in the earlier stages of its unripeness, rather than take the trouble of protecting it from birds, by fixing up nets, &c.—the consequence is, that you entirely loose that delicious flavour which fruit acquires when it has been allowed to ripen naturally on the tree; besides which, fruit thus prematurely gathered, never attains to its full size. Take him altogether, however, in paying your gardener at the end of the month, you have generally the satisfaction of feeling that he has well earned his moderate wages. If fond of gardening, you should not forget to take out with you a good garden syringe—not too large a one, or you will find it tire you to use for any length of time. Those syringes which, reversed, up-side down, by a twist of the hand, bring into play at will either the "jet" or "rose" with which the head is fitted, are the simplest and easiest to

use. All garden palings must be tarred, both above and below ground, or white ants will soon destroy them. A well with good water, is essential to successful gardening. Vegetables generally require "keeping back," or they shoot up prematurely and end in nothing but stalk. Young plants must be carefully protected from the fierce mid-day sun by light bamboo-mats or screens. Scare-crows, placed at salient points, are necessary to keep off birds; a useful scare-crow is a long piece of string with strips of rag tied on about a foot apart; suspended between two sticks, the motion of the air keeps the rags in a continual "flutter," which is sufficient to scare away small birds. The "wily" crow is more difficult to deal with. The effigy of a man stretching out his arms, artistically devised with the aid of two bamboos, tied to form a cross, an old coat, and a whitewashed chatty (earthen pot), with the features of the local policeman rudely sketched thereon by the village artist — a scare-crow that has such terrors for the feathered tribe generally, is

positively winked at by this most impudent of birds. We have no statistics by which we may learn how many natives die annually, broken-hearted, after a life-long struggle with crows, but we can at least honestly assert, that we have never seen a man who could solve the problem as to how a crow—we mean a "tropical" crow—was to be effectually scared away when "on the war-path," and bent on carrying out any special piece of mischief. Our above remark, "when on the war-path," is perhaps superfluous, for no tropical crow was ever yet known "to bury the hatchet."

Orchids.—We will conclude this chapter with a few words about orchids. There are few tropical countries, or semi-tropical countries, where the annual rainfall is heavy, in which some varieties of orchids are not obtainable. In Burmah, Assam, "the Straits," Borneo, the Andaman Islands, the West Indies, and in many parts of South America, these exquisite plants grow in wild profusion, yet it is curious, how they are often utterly disregarded by Europeans who live sometimes for years in

their midst. We have collected orchids at different times, and in various places, and have always found them a most delightful addition to our verandah, arranged in hanging baskets, or fastened to blocks of wood suspended from the rafters. Orchids require little care beyond watering (not the flowers) once a day, and keeping clean and free from insects; and there is no mess and trouble with them in potting and re-potting, as with many ordinary plants, for once an orchid has established itself on a block of wood, there it remains. All necessary information about orchids, is contained in a most useful manual, written by B. P. Williams, F.R.H.S., Victoria and Paradise Nurseries, Upper Holloway, London, N.

CHAPTER V.

ON THE MAINTENANCE OF HEALTH AND THE TREATMENT OF SIMPLE MALADIES.

General Remarks.—The Effects of Heat on the System.—Sunstroke.—Affections of the Head.—The Hair.—Ear-ache.—Affections of the Eyes.—Bleeding from the Nose.—Sun-burn.—Freckles.—The Teeth.—The Lips, Mouth, and Tongue.—Sore Throat.—Method of applying Remedies to the Throat.—Slight Affections of the Stomach.—Diarrhœa.—Dysentery.—Cholera.—Constipation.—General Debility.—Biliousness.—Sick Head-ache.—Giddiness.—Swimming in the Head.—Faintness.—Palpitations.—Neuralgia.—The Use of Chloral.—Nervousness.—Nettle-rash.—Prickly Heat.—Eczema.—Burmese Ringworm.—Herpes.—The Feet.—Corns.—Bunions.—Fissures.—Excessive Perspiration.—Blisters.—Ingrowing Toe-nail.—Tender Feet.—Damp Boots.—Inflammation.—Boils.—Blind Boils.—Whitlow.—Catching Cold. Stiff Neck.—Stitch in the Side.—Rheumatism.—Fever.—"Burmah Head."—Simple, Intermittent, and Remittent Fever.—Wounds.—Cut Finger.—

Bruises.—Sprained Ankle.—Varicose Veins.—Snake-bite.—Scorpion-bite.—Mosquitoes.—Moths.—Burns and Scalds.—Sea-sickness.—Obesity.—Functional Derangements.—On Nursing and the Care of the Sick.—Simple Remedies.—List of Medicines.

A GENERAL misapprehension exists in the minds of those who have had no previous experience of tropical travel, that all equatorial regions are necessarily the home of pestilence, and the abode of mysterious and virulent diseases. Many people start for the tropics every succeeding year, with minds oppressed with a vague sense of dread due to this unfortunate misapprehension. In truth, the diseases to which dwellers in hot countries are liable, are, many of them, only exaggerated forms of simple maladies which affect those who dwell in temperate zones, while others, are peculiar to certain localised districts, and a few only, are of special virulence and severity. The real danger to life in the tropics, arises more from the neglect of the ordinary laws of health, and the non-observance of recognised sanitary precautions, than from any special form of disease peculiar to those latitudes. A fertile source of

ill-health is also to be found, in the disregard of the slight ailments we have alluded to above, which, when left to themselves, often lay the foundation of really serious diseases, or develop into permanent local affections of the most trying and tiresome nature. Under exceptional circumstances only, will women be placed, for any length of time, beyond the reach of medical aid; our remarks, therefore, will refer less to the actual treatment of disease, than to the precautionary measures that should be taken by the patient when any disturbance of the health arises. It is no uncommon thing to meet with women, whose medical faith is limited to the resources of the family medicine-chest, the mystic contents of which, they dispense with more liberality than discretion, and, the magic influence of this chest, fostering a false sense of security, they defer seeking medical advice until much harm has been done, and symptoms have developed which too often end fatally. "We would especially impress upon everyone, the imperative duty of availing themselves, when possible, of the skill and

experience of medical men, who, being acquainted with the special local peculiarities of the climate, are better able to appreciate the severity, and understand the symptoms of each particular case." Not a few of those whose health has "completely broken down from the effects of the climate," have themselves alone to blame for the pitiable state to which they are reduced. A large percentage of the disorders to which women in the tropics are liable, arise from the indolent habits produced by "giving way" too readily to the enervating influence of a hot climate. In such persons, owing to the lack of sufficient out-door exercise, all the organs of the body, especially the liver and digestive organs generally, fall into a state of more or less complete torpor and inactivity, and, not only do such short-sighted listless people thus neglect to assist nature, in its struggle to keep the body in a healthy state under the adverse influence of the climate, but they even further tax her powers, by partaking of an amount and description of food, that could only be indulged in with impunity by a

person whose body was kept in a healthy and vigorous state by active out-door exercise, and careful observance of the simple rules of health. In tropical countries, there are but few hours of the day when women can take open-air exercise, without running the risk of exposure to the influence of the sun; if, however, they would maintain their health, and, with it, bodily comfort and cheerfulness of mind, they should, from the very commencement, so arrange their daily life in the tropics, that the morning and evening ride or walk may never be omitted. In the early morning, the tropical world is seen at its best, and the temporary discomfort of rising at dawn, and hastily dressing, often by candle-light, is amply repaid by the delicious enjoyment of the fresh morning air, and the bright healthy colour, and keen appetite for *Chota hazree* (early breakfast) that is produced by the brisk exercise. The good results of such an effort do not end here, for you will experience a delicious lightness and buoyancy that will carry you through the day, enabling you to make light of the heat that "utterly

prostrates" your indolent neighbour, who has not summoned up courage to follow so good an example. A painful contrast is afforded by the sickly-hued woman, who having taken her breakfast in bed, can just find strength sufficient to don a dressing-gown and slippers, and then resume a recumbent posture on a sofa, where, under a punkah, with closed doors and windows, and the lightest of literary trash for her eyes to trifle with, she will remain until after sundown, when, the exertion of dressing over, she will recline languidly in an open carriage for an hour or so, and submit to be driven along a dusty road "for the benefit of her health." A few mouthfuls of highly-spiced food, and a glass of XXX stout, "to keep her strength up" constituting her evening meal, she retires wearily to bed, convinced that her "constitution" was never intended for the "horrid country," and wondering how it is she has not only lost her good looks and good spirits, but why she should feel so faint, so wretchedly ill, and "ready to cry at the least thing." We have endeavoured to point out

what disastrous effects indolence will have upon the bodily functions, but, it must be remembered, the mental faculties may suffer in an equal degree from the same cause. Ample mental resources may be found in the shape of reading, drawing, painting, fancy work, &c. &c; occupations that will not unduly tax the energies, and that will agreeably serve to fill up time, that would otherwise be found to hang heavily on the hands. Those who will, from the commencement, resolutely "make an effort" on their own behalf, will practically place themselves beyond the influence of the many petty annoyances and discomforts incident to their new condition of life.

In the foregoing remarks, we have dwelt somewhat fully on the tendency, which is common to us all, to make the climate responsible for almost every ill that may befal us during our residence in a tropical country, and, although we have endeavoured to discountenance the too prevalent idea that the climate of the tropics is necessarily unhealthy, we would, nevertheless, remind you, that there are innumerable little

ailments and discomforts, which, unless they are clearly understood, and judiciously dealt with as they appear, are liable to produce an irritable and perturbed state of mind and body, which is very conducive to the development of more serious permanent affections, though they may not at the time produce in you any very serious symptoms. Besides these simpler ailments, there are a few more serious maladies incident to the tropics, which you may, in many cases, be enabled to ward off by the adoption of due precautions. The cases are very few, in which a woman will be called upon to undertake the treatment of these complaints in even the most trivial particulars: a woman's mission under these circumstances is to relieve the patient's sufferings by careful nursing, and to provide such comforts as may be deemed necessary by the medical attendant.

While our main object, however, is to explain the simple rules for maintaining health, and to give hints as to the management of the sick, we cannot lose sight of the fact, that every woman ought to be acquainted with the leading

symptoms of the more prominent diseases, and, therefore, we shall endeavour to explain such symptoms in untechnical language that may be clearly understood. As it will occasionally happen, that families will be so isolated, that much time must necessarily elapse before medical aid can be obtained, we shall, in reference to such diseases as require immediate and prompt treatment, explain what is to be done until the patient can be placed in the hands of a doctor.

THE EFFECTS OF HEAT ON THE SYSTEM.—During your residence in the tropics, you will often come across many remarkable examples of the different effects which will be produced by the heat on women of various temperaments and habits. Some women are of a highly sensitive nature; their nerves, to use a common expression, are "highly strung." Such people become alternately elated or depressed by the most trivial occurrences. The tropical heat seems to exaggerate this condition, and they often suffer, for days together, from fits of depression, which are not traceable to any

sufficient cause. Then, again, women who are inclined to be stout are much subject to fits of faintness or exhaustion, and complain often of "fulness of the head," associated with smarting and congestion of the eyes; others who, even at home, are naturally weak, and possess but a small appetite and little bodily vigour, often become very seriously reduced by even a short residence in a hot country, though, curiously enough, these fragile women are the very people who, in most instances, bear a tropical climate remarkably well. Bearing what we have said in mind, a woman who, in a temperate climate, would suffer much inconvenience and discomfort from an unusually warm day, should, in a hot country, be all the more careful not to overtax her strength. That common dread of a tropical sun, which is ever present in the minds of people "going out" for the first time, often induces them to attribute to its influence many maladies which arise from totally different causes, and, "jumping at conclusions," they indiscriminately designate all such affections under the general term of

"sunstroke"; it is necessary, therefore, that we should state explicitly the symptoms of the various forms in which it may occur. The least dangerous form of sunstroke is that in which the patient appears to faint away, the state of exhaustion being brought on, in most cases, by fatigue or over-exertion in a person who is at the time in a weak state of health; but even those who are in sound health will be liable, if they unduly expose themselves to the rays of a powerful sun, to receive a sharp reminder in the shape of such an attack of sunstroke; and you should always bear in mind that it may affect those who are subjected to a high temperature within doors, especially in houses which are badly ventilated or over-crowded. In these simpler cases, the patient's skin is pallid, moist, and clammy; there is profound nervous prostration, together with a temporary loss of muscular power, and you can scarcely feel the patient's pulse at the wrist. When the attack comes on out of doors, the patient should be removed into the shade; but if it occurs in the house, remove her to the coolest place you

can find. All tight, or superfluous clothing, which tend to oppress her, must be removed, and a cold water douche is to be applied to the chest and spine, but do not continue it too long. You should now try and rouse the patient; stimulate the surface of the body by shampooing briskly with towels, and administer a dose — two tablespoonfuls—of castor-oil. To prevent repetition, we would say *that in all cases of supposed sunstroke*, you must send at once for a doctor.

The next more severe form of sunstroke is that in which the patient seems to be "struck down" by the effect of direct exposure to the sun. You can distinguish these cases from those we have just described by the suddenness with which they occur. The patient drops down unconscious; the skin is cold and moist, and the pulse very feeble. The patient may sink rapidly from exhaustion, or pass into a state of fever and excitement. Place the patient in the shade, remove the clothing, and apply a cold douche to head and body from a distance of three or four feet; after this, apply

mustard poultices to the calves of the legs and to the chest (mustard leaves will do equally well), and give a good dose of some aperient medicine.

The last, and most serious form of sunstroke, is that more especially known as "heat apoplexy," and it is brought on by a general over-heating of the body, which is due, not so much to exposure to the direct rays of the sun, as to the especially high temperature which may exist at any particular time. During a hot season there are always a few days that are particularly noted as being more than usually sultry and oppressive. Reference to a hospital register would show that on such days the patients admitted as suffering from heat apoplexy would possibly exceed in number the admissions from that cause during the preceding months of the year. It is at such times that an almost unbearable amount of heat prevails during the whole of the twenty-four hours, and the thermometer will register as many degrees of heat at midnight as it did during the day-time. There is no current of

air that would permit of artificial means, such as wetted screens (Kuskus tatties), being used to cool the atmosphere. Your only resource on such occasions is to adopt a very spare diet, and keep as quiet as possible, *avoiding all alcoholic stimulants.* In heat apoplexy the temperature of the body rises rapidly, the skin becomes hot and dry, the pulse full and bounding, and the countenance is livid and congested; the patient becomes intensely restless, and experiences great difficulty in breathing, and she may also become convulsed. If recovery takes place, the health is generally permanently affected. The patient should be placed on a bed beneath a punkah, in a cool room with a subdued light ; and all noise, excitement, and bustle should be avoided. A cold douche should be applied, and the head kept as cool as possible by means of folds of linen soaked in vinegar and water, and continually re-applied. If the patient is not placed beneath a punkah, you may apply the cold by the irrigation method (see p. 364). Do not neglect the administration of some safe and *efficacious aperient.*

In no form of sunstroke should alcohol be administered, except under medical advice. The diet throughout all cases of sunstroke must be light and nutritious, consisting chiefly of beef-tea, broths, and farinaceous food. Iced milk may be given, and the patient allowed to suck ice when inclined to do so.

Affections of the Head.—You will do well to pay great attention to the condition of the hair, and as scurf is especially liable to form, a good brushing morning and evening is necessary to prevent its collecting to any extent. A simple hair-wash, which is both cooling and tends to prevent the accumulation of scurf, is one composed of two drachms of biborate of soda (*i.e.* borax), an ounce of rectified spirit, half a drachm of camphor, and eight ounces of water. If the hair is allowed to grow too long, it has a great tendency to split ; to prevent this the ends should be cut from time to time. You should let the hair loose during a portion of the day, as the habit of keeping it always done up tightly is very injurious to it. Owing to the generally debilitated state into which

people sometimes fall when they have resided in the tropics for any length of time, the hair perishes, and is apt to fall out. Sometimes, this shedding of the hair takes place all over the head, and results in a simple thinning of the hair generally; while, at other times, it is local, and forms circular bald patches. In these latter cases, a very good plan is to paint the bald patch with tincture of iodine every other day for a week or two. An excellent hair lotion is one composed of two drachms of tincture of cantharides, ten drops each of oil of rosemary and oil of lavender, and two ounces of eau de cologne (Erasmus Wilson). While adopting these local measures, you will, at the same time, have to put yourself under a long course of tonic treatment, extending, perhaps, over many months. Such circular bald patches as those we have described above, may exist for a very long time in spite of all treatment; in some cases, however, they get well very rapidly, while in others they recur from time to time, and we have seen several instances in which they have occurred in people

who have been exposed to prolonged mental strain or anxiety. In extremely dry climates, and, especially during the prevalence of the hot winds, the hair gets into an exceedingly brittle state, and small portions are continually breaking off. At such times, a little oil to keep the hair in a supple state will be needed; for this purpose, Rowland's Macassar Oil has obtained a reputation it well deserves. Women who wear the hair in tight rolls, and neglect to undo them when they go to bed, get up in the morning with these plaits of hair and the contiguous parts of the head, wet with perspiration; the result is, that prickly heat soon covers the head and back of the neck, and sore places eventually form, giving rise to much pain and trouble, and often necessitating the hair being cropped short to facilitate their treatment. All this can generally be avoided by a little care and attention. A night-cap should never be worn by women in the tropics; the best way of confining the hair at night-time is to wear a fine hair-net. It will occasionally happen, however, that,

from some unavoidable cause, a little boil, or sore place, will form at the roots of the hair, which becomes stuck together by the discharge. The only way of disentangling the hair, and removing anything which may have adhered to it, is to thoroughly moisten the hair with warm water, and then to gently remove any substance that may have adhered to it, by means of a soft sponge. A woman should keep her brushes under lock and key, as female native servants can seldom resist the temptation to use them on their own ebon locks.

Ear-ache.—This troublesome affection may be relieved by plugging the ear with a piece of lint, or cotton wool, soaked in sweet oil or glycerine, which has been slightly warmed. The old-fashioned remedy of a warm fomentation or poultice, applied over the ear, will often produce a speedy cure. Every part of the ear should be thoroughly washed with warm soap and water at least once every day. When a foreign body gets into the ear, you must be guided in what you do by the nature

of the substance, that is, if you happen to know what it is. If, for instance, an ear-wig, or any such creature gets into the ear, you may prevent it doing any harm by pouring a little warm sweet oil into the ear, when the unpleasant visitor will soon be expelled. Should the foreign body be any vegetable substance, which would be likely to swell on the application of moisture, you should abstain from irritating the ear, and obtain medical advice as soon as possible; above all, you should not yourself attempt, nor permit anyone else, unless it be a medical man, to attempt to remove the foreign substance, as serious harm is often done to the ear by the rough-and-ready manipulations of unskilled people. Before leaving this subject, we would say a word about ear-rings. Take care that the metal by which they are attached to the ear is pure, for, if it is not so, it will set up irritation at the place where the ear is punctured, and a troublesome form of ulceration will take place, which will take a long time to heal.

Affections of the Eyes.—In countries where

the soil is of a chalky and sandy nature, the glare produced by the sun is often well-nigh intolerable, and causes the eyes to become weak and congested. During certain portions of the year, when hot or keen winds prevail, the eyelids often become puffy and thickened, and produce great irritation by pressing upon the delicate parts of the eye, giving rise to smarting, burning sensations, and the eyes become very weak, and are liable to "water" when subjected to the least strain. In some cases the lining membrane of the eye-lids becomes inflamed, producing the condition known as *ophthalmia*. You should bathe the eyes as often as possible during the day, and you will find that it is a good plan to open the eyes widely in the water when you are washing, as by this means every part of the eye will be moistened by the water; particles of dust, which may have got into it, will be washed out, and any smarting which may exist will be greatly relieved. If your eyes are naturally inclined to be weak, you should bathe them in a weak spirit lotion, composed of one part of spirits of

wine, or brandy, to thirty or forty of water. When any slight attack of inflammation occurs, a cooling lotion of Goulard water, or a solution of alum (eight or ten grains to the ounce) will be found very beneficial. In all cases, however, of long-continued smarting of the eye, especially when you hear of other cases occurring in your neighbourhood, you should consult a doctor as soon as possible. Sometimes, when the eye is slightly inflamed, the eye-lids stick together during the night; this may easily be prevented by smearing the edges of the lids with vaseline, or any simple ointment. You should always be provided with a little cup-shaped glass, known as an "eye-glass," for the purpose of applying lotions to the eye. The glass is so made that when you press it firmly against the eye-lids it keeps them open; in using it, the head should be thrown back, and moved from side to side, until every part of the eye has been washed by the solution. If you do not possess an "eye-glass," dip a fine camel's hair brush, or a bit of sponge, in the lotion, and drop a little into the inner corner

of the eye. The eye-lids will close spasmodically, but you must have resolution enough to open the eye, so as to let the lotion bathe every part of it. You will find that a good pair of goggles will come in very handy when you are obliged to expose yourself more than usual to the sun, or for use when travelling. The eye-lids are sometimes the seat of little marginal boils called "styes." When they occur, bathe the eye with warm water, or apply a small bread poultice, and take a dose of aperient medicine.

Epistaxis, or bleeding from the nose, is often preceded by head-ache, and a general sense of drowsiness and languor; sometimes ear-ache is also present. In people of a full habit, an occasional attack of epistaxis does no harm, and both head-ache and ear-ache, when they exist, are generally relieved by its occurrence. The bleeding may generally be checked by the application of cold to the back of the head and spine, by means of water, or by ice if it can be obtained. It may often be relieved by placing the patient

on her back, and raising the arms above the head.

Sunburn.—A useful application in peeling of the skin from sunburn, is a lotion containing three ounces of rose-water, and an ounce each of skimmed milk, white of egg, and syrup of violets. The borax and camphor lotion mentioned on p. 189 will also be useful for this purpose. A preparation which has some repute for dispersing freckles is one composed of two ounces of lemon-juice, half a drachm of powdered borax, and a drachm or two of sugar; the ingredients must be left to stand for a few days in a glass bottle, and then applied occasionally to the face and hands; or some slightly stimulating lotion—as, for instance, a drachm of chloride of ammonia, to about half a pint of water—may assist in promoting a healthy action of the skin. Freckles more particularly affect women of fair complexion, and there can be no doubt that exposure to the sun tends to exaggerate the condition until it becomes an actual disfigurement; women, therefore, who are affected with

freckles, should take care, when they have to go out into the sun, to shield their features as much as possible from the effects of its rays. When pimples appear on the face, bathe the face frequently with warm soap and water, and apply a lotion of one drachm each of borax and carbonate of soda to six ounces of water; take a dose of aperient medicine, adopt a change of diet, and if you are accustomed to take coffee, give it up for a few days, and substitute tea or cocoa instead. Sometimes, instead of a number of pimples, a single painful spot appears on the side of the nose or on the forehead; such spots will disappear very quickly if sponged frequently with a strong solution of salt and water, or with a lotion of two drachms of chloride of ammonia, and an ounce of rectified spirit to six ounces of water. A little coarse oatmeal, mixed to a paste with good eau de cologne, and used on the sponge or glove when washing the face, is an application which is cleansing, cooling, and safe, and may be used freely with impunity. The paste thus made must be kept in

a closed jar, or the eau de cologne will evaporate and the paste will dry up.

THE TEETH.—Your teeth should be thoroughly examined by a good dentist before you start for the tropics. Great care must be taken to keep the teeth thoroughly clean; they should be brushed night and morning, and, when possible, the mouth should be rinsed out and the teeth brushed after every meal. Carbolic tooth-powder, Cooper's carnation tooth-paste, or Craycroft's areca-nut are all excellent applications for the teeth. An attack of tooth-ache is brought on in many instances by some disturbance of the stomach or digestion; take a couple of Cockle's pills, and you will probably be troubled with it no more. If the tooth is decayed and hollow, stuff it with some absorbent cotton or lint, teased out, which has been soaked in laudanum, spirits of camphor or brandy. After a severe attack of tooth-ache, especially if you feel at the time weak and debilitated, you should take some simple tonic. Twenty grains of quinine dissolved in as many drops of dilute sulphuric or nitric acid and put

into a bottle of port, or sherry or ginger wine, is an excellent tonic for the purpose. A wine-glassful should be taken twice a day.

The Lips, Mouth, and Tongue.—Fissures or cracks of the lips and tongue, or, the little irritable sores, which sometimes form in the interior of the mouth, are usually due to some disordered condition of the stomach, or to some disturbed state of the digestive organs generally. Fissures of the lips and tongue, are best touched with a strong spirit lotion made of equal parts of water and spirits of wine or brandy; good eau de cologne will do equally well. At first, a little smarting will be produced, but, two or three applications will generally suffice. When the fissures have actually formed, the use of the spirit lotion is much to be preferred to that of any form of ointment; notwithstanding, when the lips are only parched and dry, and there are no actual fissures, you will find it a good plan to smear a little vaseline or cold cream on them at night-time. When little sores form in the interior of the mouth, you should rinse out the mouth with a solution of

one drachm of chlorate of potash to the ounce of water; or, you may touch the sore patches with tincture of myrrh and glycerine, one drachm of the former to an ounce of the latter; but do not forget, that all these cases require some temporary self-denial in the matter of diet, and the administration of a little medicine calculated to correct the disordered state of the digestion. When gum-boils occur, they may be relieved by the same treatment.

Sore Throat.—An attack of this troublesome affection is sometimes brought on by the disregard of the most ordinary precautions. A woman who is accustomed to keep her throat covered with a high dress and neckerchief all day at home, will exchange them at night for a necklace and low dress, and, the result is, a sore throat. A very severe chill may often be contracted after a dance, by sitting in a draught "to get cool." You should be provided with a light wrap or opera cloak to throw over the shoulders and protect the neck on these occasions. A simple sore throat may generally be relieved by a cold compress, made

by placing a wet handkerchief round the throat, and covering it with a broad piece of flannel folded double, or with a woollen wrap. In some cases, however, some simple local application may be required; salt and water, alum dissolved in water with a little tincture of myrrh, spirits of wine in the proportion of one part of the spirit to four or five of water, or, port wine, are all simple and efficient gargles. Some people, especially in damp countries, suffer from what is known as *relaxed throat.* In such cases, much benefit will be derived by gargling the throat night and morning with cold water, which will be all the more serviceable, if a little salt has been added to it. A very useful gargle in these cases is one containing two drachms of chlorate of potash and an ounce of honey to about eight ounces of water. One of Cooper's effervescing chlorate of potash or eucalyptus lozenges, placed in the mouth from time to time, and allowed to dissolve slowly, will also have a very beneficial effect. When the soreness of the throat has existed for any length of time, besides the mere local

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measures, a long course of tonic treatment will be required. Sometimes, an acute attack of sore throat comes on, the temperature of the body rises rapidly, the tonsils swell, and the patient loses her voice suddenly. The patient should gargle constantly with warm milk; a piece of spongio piline, dipped in hot water, must be placed round the neck, and constantly reapplied; administer a saline aperient, and let the diet consist entirely of warm bread and milk, beef tea or broth. In these acute cases, you will do well to consult a doctor. Other local remedies for the throat are applications consisting of one drachm of tannin, or two drachms of the tincture of the perchloride of iron to an ounce of glycerine; these may be painted freely over the tonsils by means of a camels' hair brush. A bent brush may easily be made from an ordinary camel's hair brush, by heating the quill of it over the flame of a candle, when you can bend it to any angle you like. Before leaving the subject of sore throat, we would warn you not to fall into the common mistake women so often make, of putting the

cart before the horse, and treating the local symptoms, before they attend to the general condition of the patient. In all cases, the administration of a good aperient is called for, and, in some cases of sore throat, especial benefit will be derived from the administration, for a few days, of small doses (three grains) of grey powder. Another point to bear in mind, is, that the constant application of strong astringents, such as tannin, is very bad for the throat, as it causes the tonsils to become hardened and insusceptible to any of the milder applications; by the erroneous use of these astringents, a condition of the throat is often set up, which is very untractable, and may take months or even years to cure, or, indeed, in some cases, may never get quite right. As a matter of experience, you will find that more good will result from constantly changing the gargles and other local applications, than in persisting in the long-continued use of any one remedy. When you have occasion to paint the throat, seat the patient in a chair, facing a good light, then, direct her to open

her mouth widely, and look well to the back of the throat, and from side to side, carefully inspecting the tonsils to see if there is any sign of ulceration; in most cases, probably, all you will see will be a general red blush all over the back of the throat. Now place some flat instrument, such as the handle of a spoon, or a paper knife, on the patient's tongue, so as to keep it out of the way, and direct her to say "ah"; this will have the effect of bringing to view the deeper parts of the throat, when, you can, with your disengaged hand, deftly apply the solution, by means of a camel's hair brush, to every part of the throat.

Slight Affections of the Stomach.—Many people suffer to a great degree from the common and distressing affection known as flatulence; you will find that such an attack will be relieved by the adoption of a spare diet for a few days; take a cup of beef tea, with a piece of dry toast, two or three times during the day, but abstain altogether from solid food. An emetic will often put an end to the attack at once, or, instead of this, by

taking a pill of three grains of calomel at night, and following it in the morning, with a draught containing two drachms of the sulphate, and half a drachm of the carbonate of magnesia with about twenty drops of tincture of ginger in an ounce and a half of peppermint water, you will, with due attention to diet, usually succeed in setting matters right. A little sal volatile, or five-drop doses of dilute sulphuric acid in water, will often give temporary relief. Those who suffer from flatulency should be careful to guard against the excessive use of tea, especially very hot tea, and should partake but sparingly of sugar or starchy foods, such as, rice, potatoes and bread. Heart-burn and acidity, may generally be relieved by the use of five-drop doses of dilute nitric or hydrochloric acids, taken in water, before or after meals. A little "neat brandy," the nurses' favourite cure, does not remove this affection, though, a few drops, fifteen or twenty, of tincture of ginger in water may afford temporary relief. Offensive breath proceeds in most cases from a sluggish state of the stomach and liver, and

will generally be removed by a brisk aperient. As a rule, people who suffer from this affection, are over fond of partaking of rich dishes, and overload the stomach with more than it can possibly digest. In these cases, a regulation of the diet will be called for.

Diarrhœa.—Some people, have an erroneous practice of checking the first appearance of this complaint with strong doses of chlorodyne; but, as it is often only a simple effort of nature to expel some irritant from the system, it would be better to give small doses of castor oil, with ten or fifteen drops of laudanum, and to change the diet for a few days. Dysentery may be distinguished from diarrhœa, by the straining which is always present, and by the passage of blood. Let the patient rest quietly in the recumbent posture, apply warm fomentations to the abdomen, give an emetic dose, fifteen to twenty grains of ipecacuanha, which must be followed in about four hours by another dose; give ten grains of Dover's powder at night, and adopt a milk diet. Cholera may be suspected whenever there is a sudden sharp

attack of diarrhœa followed by an almost continuous flow of fluid, cramps in the stomach, and a state of extreme collapse. Give a dose, two tablespoonfuls, of castor oil, with fifteen to twenty drops of laudanum. Keep the patient on her back, and apply hot fomentations or mustard poultices to the abdomen. You may allow her to suck ice, or iced water, or brandy or champagne, and try and keep up her courage as much as possible. We cannot too strongly urge upon you that, in all cases of prolonged diarrhœa, or, in supposed dysentery or cholera, *you must send for medical aid without delay*, for, in some of these cases, everything depends on the treatment which may be adopted during the first few days, *or even hours*, of the disease.

Constipation.—In some people this condition appears to be constitutional, but in by far the greater number of cases it is brought on by a thoughtless neglect of some of the simple rules of health; in its slighter degrees it interferes so little with the performance of the ordinary bodily functions, that, the gradually increasing hold which it is obtaining upon the

system, often passes unnoticed, and the sufferer attributes the unpleasant maladies which follow in its train to entirely different causes. At first, as we have just stated, this condition only affects the health slightly, but, in proportion as it is protracted it becomes more serious. A disordered appetite, a dry, coated or clammy tongue, thirst or a disagreeable taste in the mouth, dulness, giddiness or headache, irritability of the temper and gloomy desponding thoughts, may all be enumerated among its immediate results. Its remote effects are very far-reaching indeed, affections of the skin, dyspepsia, colic, hysteria and hæmorrhoids, may all be traced to this pernicious and inveterate habit of the system. An indolent or sedentary life, tight lacing, careless and irregular habits, and errors in diet are among the common causes of this complaint. The pressure of the womb in pregnancy, often produces constipation, especially in those who are predisposed to it, and the false bearing-down pains, which many women suffer from previous to confinement, are in most cases due to this

condition, and they will generally disappear after a dose of castor-oil. It is a mistake to suppose that this affection can be permanently relieved by the constant use of aperient medicines, for, indeed, in many cases, it is set up in the first instance by the abuse of these remedies; your chief safeguard against it, is the acquirement of a regular habit; and the use of any of the many gentle laxatives you have at your disposal. The consumption, in moderation, of good wholesome fruit is beneficial. Oatmeal porridge or brown bread, prunes, or French plums soaked in water for a few hours and stewed with a little sugar, or one or two dried figs steeped in sweet oil over night, and taken the first thing in the morning, are all excellent laxatives. Most people take too little fluid, an occasional glass of pure filtered water will produce a very good effect. Among the milder aperients may be mentioned, granulated sulphate of magnesia, Lamplough's pyretic saline, a preparation of equal parts of confection of sulphur and confection of senna, a grain of ipecacuanha taken fasting every day, castor-oil,

and Cooper's effervescing aperient lozenges; you should bear in mind, however, that such aperient medicines, are only to be taken occasionally, and be careful not to commit the common error of taking doses of aperient medicine every morning under the assumption that you are thereby "cooling the blood."

General Debility.—In temperate climates, even, this condition affects women very generally, but in tropical countries few and fortunate are those who escape from it altogether, though some suffer in a much less degree than others. The few who do escape are generally women of sound sense, and vigorous habits of mind and body. We have already (pp. 178–180) amply pointed out the many ways in which an indolent state of the system may be engendered; but besides these, as we may term them, preventible causes, there are many others, apparently beyond our control, which tend to weaken the system generally, and serve to set up that peculiar condition which is usually known as *general debility*.

In by far the greater number of cases there

is no actual disease, the patient, as a rule, being unable to point to any particularly prominent symptom, but complaining rather of a general loss of power, or, as she expresses it, "want of tone." She takes but little interest in passing events, and even the slightest amount of exertion is followed by a degree of prostration, quite out of keeping with the effort which has been made. There is a great tendency for her to take the gloomiest possible view of her surroundings; she passes her time in a listless, dreamy state, and feels altogether unequal to the pleasures or duties of life. Sometimes, without any fault of her own, a woman is entirely prostrated by the effects of a tropical climate. In these cases, in addition to the general symptoms we have mentioned above, there are, probably, many signs of enfeeblement, such as entire loss of appetite, feebleness of the heart's action, profound muscular weakness, and an intense degree of lassitude, out of which she cannot be roused by even the most startling events. Under such circumstances, though some temporary relief

may be afforded by the administration of tonic medicines, and light but nourishing and easily digestible food, there is but little probability of any permanent improvement taking place, until the patient has had the benefit of a more or less prolonged residence in a cooler climate. Very different is the debility which is due to preventible causes. In such cases the more serious signs of disease are usually absent, and, though the symptoms of which the patient complains may be very marked, there is no doubt that in many cases they are more apparent than real, for, should her attention be arrested by some unforeseen event, such as the sudden illness or death of some one dear to her, she is generally equal to all the emergencies which may arise, and is often the very person who most excels in noble self-restraint, and self-forgetfulness. Her constitution has been shaken to its very foundations by the untoward event, and she has been awakened, somewhat rudely it is true, from a state of lethargy, into which, in all probability, she will never again return. Such instances as these, prove

beyond all doubt, that, in the cases of debility we are now describing, no form of treatment will be of any permanent use, unless it is seconded by a determined effort of will on the part of the patient herself. The diet in such cases should always be plain and wholesome, light and nutritious, and it is a good plan, at first, to take a little food frequently, though at stated times, rather than to try and partake of much at a time. A great deal of tact will be required in dealing with these cases, as, anything like fuss in the preparation of her food, will only cause a woman who is suffering from this condition, to become more confirmed in the belief that she is *really* ill, while, should you neglect her, or treat her whims and fancies with undue brusqueness, a fit of obstinacy, will, probably, be the result; in either case, you will cause the continuance of the condition you are seeking to cure. A generally cheerful manner, and a kindly interest in the patient's troubles, will often enable you to obtain an influence over her, and will accomplish far more, than an austere demeanour, or officious fussiness.

Indeed, the sight of a woman of sound sense going cheerfully about her household duties, and making light of the petty discomforts of tropical life, is itself an invigorating tonic, the remedial influence of which, but few can long withstand, and, if thus judiciously treated, the patient will ere long tire of her aimless, listless life, and, beginning to take an interest in passing events, will soon vie with her more active companion, in attending to the duties and pleasures of the household. The celebrated Mrs. Partington made the remark that, "that poor old gentleman, General Debility, must be a dreadful sufferer, as they were always inventing new medicines for his relief." You should avoid, however, the use of these remedies, for, as we have already shown, regular habits, careful dietary, and a simple tonic (p. 225) is generally all that is necessary, while medicines, and medical men, can play but a very unimportant part in the treatment of those cases which are due to preventible causes.

Biliousness.—Everyone is subject to temporary attacks of this complaint, and, they may

generally be relieved, by the administration, at night, of a dose (3 to 5 grains) of calomel pill, followed in the morning by a saline aperient. Some people, however, suffer more or less continually from this unpleasant malady, and the knowledge, that even the slightest thing may precipitate a bilious attack, often renders them very irritable, and unfits them for society, to a greater or less degree An attack is generally preceded by a sensation of chilliness, the feet especially feeling cold. There are painful sensations between the shoulders, and unpleasant twinges under the right shoulder-blade, together with pain in the muscles at the back of the neck, a general feeling of discomfort and distension, and nausea after eating.

Women who suffer in this way should be very careful as to their diet, they should partake sparingly of meat; fat, also, should be avoided as much as possible. It is necessary to take a small quantity of fat, and that of well-cooked meat does but little harm; but, no one who suffers from biliousness, should take fat in the half-cooked state in which it exists in many

sauces and soups. Cream, or milk in any considerable quantity, also any form of alcohol, all tend to bring on attack, and must therefore be avoided. Light puddings of rice, tapioca, sago, or Indian corn, and also bread may be freely taken. Vegetables, and plenty of good wholesome fruit may be taken with advantage, and a tablespoonful of lemon-juice, or lime-juice, taken daily in water, will often be found very beneficial. Plenty of fluid should be taken during the day, and for this purpose soda or appollinaris water, with a dash of lime-juice, is very useful. Small doses (three grains) of gray powder, taken once or twice a week, will often ward off an attack, and an occasional dose of Lamplough's pyretic saline, or citrate of magnesia, will be of great service. Careful attention to these remarks will enable you to lessen the frequency and severity of the bilious attacks.

Sick Headache.—Before proceeding to describe the various causes to which this wearisome ache may be due, we would remark upon the needless amount of suffering many

women endure, in consequence of a certain childish dread they have of taking a dose of medicine. We have often watched with mingled feelings of astonishment and pity, an unfortunate woman, who, suffering agony from toothache or headache, will, in search of relief, resort to all sorts of external applications, in the shape of chamomile flowers, hot salt in flannel bags, mustard, bandages dipped in vinegar and water, eau-de-cologne, smelling salts, &c. &c., and, indeed, will often half scarify the skin of her face, before she can make up her mind to swallow the two needful little pills, that, in her inner consciousness, she knows are the only things that will put her all right again. It seems absurd that a woman should voluntarily endure, sometimes weeks of pain, when she knows that the real remedy lies in her own hands; but from the frequent "snubs" we have received, when, mercifully intent upon relieving some suffering friend or relation, we have—non-professionally be it understood—had the temerity to suggest a couple of pills, the conclusion has

been forced upon us that, under such circumstances, any advice offered, in which allusion may be made to the far-famed Cockle, is pretty sure to be resented as a "liberty," and we have registered a vow that should we meet with another case of swollen face, arising from disordered stomach, we will think twice before we are so indiscreet as to contradict the fair sufferer, when she asserts that "it all comes from nerves," and that nothing will do her good, but sympathy and sal volatile. While, however, there are many who allow themselves thus to "drift," as it were, into an attack of sick headache, there are undoubtedly many unfortunate people who suffer, in spite of all precautions, from periodical attacks of this unpleasant complaint.

No age appears to be exempted, young, old, and middle-aged people alike suffering from them, though, there is a decided tendency for the attacks to become less frequent and severe as age advances, and sometimes even they pass off altogether. Half the battle against sick headache would be over, if people generally, and

women especially, could be brought to understand that these cases of sick headache owe their origin, *not* to any disease of the nervous system, but, to a general derangement of the digestive organs; and, if these organs could only be got into working order, and be kept working properly, sick headache would be a much less common malady than it is now. Those who suffer frequently from this distressing complaint, can generally tell some days before, when an attack is coming on. The stomach feels distended, there is an unpleasant taste in the mouth, associated with dryness of the tongue, constipation, lassitude, disinclination to take active exercise, and a great tendency to sleep; more or less discomfort is generally felt after taking food, though there may be no actual loss of appetite. If the patient, when she experiences these sensations, will only take a small dose (three or four grains) of gray powder overnight, and follow it up with a dose of some saline aperient in the morning, she may, it is true, feel somewhat "out of sorts" for a few days, but the attack of sick headache will be

avoided. When an attack actually comes on, the headache is, in most cases, confined to one side of the head, the pain being of a boring, penetrating character, as though some instrument were being forced into the head; it is sometimes situated over one or other eyebrow, when it is known by the name of *brow ague*, and it may last for twenty-four hours or more, often shifting from one place to another; and, sometimes, it is so localised, that the spot where it is felt might be covered by a penny piece. After a time the pain gradually subsides, and the patient is restored to health. As the attack comes on, the patient has a great tendency to yawn, and continues to yawn at frequent intervals, until vomiting takes place, the sickness often being as bad as a severe form of sea-sickness; and the depression and exhaustion which accompanies it, is frequently the most distressing feature of the whole attack. If the attack is a slight one, besides adopting the means we have suggested above, you should try and distract the patient's attention, so as to cause her to think about herself as little as

possible, induce her to occupy herself with any light domestic work, and persuade her, as far as possible, to prevent others from seeing that she is ill, as too many "kind enquiries" only serve to concentrate the patient's attention upon her complaint, and make her feel worse. We would remark in passing, that it is astonishing, what a lack of "tact" is often shown by many very well-intentioned people in dealing with these cases. There are many injudicious, though kind-hearted women, who, as soon as they hear that a friend is suffering from a sick headache, will at once start off to "sit with her," but the patient does not want this, she desires to be quiet. Sometimes, she is quite surrounded by those who have come to "sit with her," and this in itself is bad enough, but, when, as is too often the case, the conversation turns upon sick headache, matters become much worse, and she is compelled to listen patiently, while she is told of one "dear lady friend," who "suffered terribly" from sick headache from her cradle to her grave, and who only found relief in globules and toilet vinegar.

Another friend claims miraculous powers for neuralgic crystal, as applied to a sick headache, while a third will declare, as we once heard a lady say, that the only real preventive against sick headache, is to rise very slowly in the morning, and to draw up the blind inch by inch, so as to allow the light to steal gradually into the bedroom. These ill-timed visits, and such conversations, are worse than useless, they are positively harmful, and, by irritating and annoying the patient, they only serve to aggravate her condition. In *severe* attacks, however, of sick headache, rest is an absolute necessity; and the digestive organs *must* be allowed to participate in the general rest. Great relief will be afforded by the application of a plaster, composed of equal parts of mustard and linseed, to the back of the neck or to the pit of the stomach. An attack of sick headache is often brought on by an exposure to a chill, and warmth will be found to act very beneficially. A warm bath nearly always affords relief, though placing the feet in hot water, or applying a vulcanised india-rubber

bottle, filled with hot water, to the abdomen, will often be sufficient. As regards diet, you should bear in mind, that anyone suffering from sick headache does not require food, the patient may be given a cup of beef tea, which she may sip from time to time, but, beyond that, no food of any kind should be taken for at least twenty-four hours. Take no alcohol, but, there is no objection—and, indeed, many people find great relief from doing so—to your taking three or four cups of good sound tea, throughout the day. If you prefer to do so, you may take coffee instead. The nausea which is often present, will be greatly relieved by taking lemon juice and water. During the intervals between the attacks, you should live on plain wholesome diet, but provided you pay attention to these two points, you need not harass yourself by entering into minute details as to the quantity and nature of the food you take; such anxious consideration is of very little use, and only tends to the production of fanciful and fastidious habits, and might result in an entire distaste for ordinary food,

which would be a very serious matter. Live plainly, then, but well, during the intervals between the attacks, and when an attack comes on, abstain entirely from solid food for a short time. If much weakness remains after an attack of sick headache has passed off, you will derive benefit from the use of a simple tonic composed of twenty grains of sulphate of quinine, dissolved in as many drops of dilute sulphuric acid, and added to a bottle of orange or ginger wine. A wine-glassful should be taken twice, or three times, a day. Those who cannot take quinine, may use instead, a tonic composed of two drachms of the tincture of the perchloride of iron, half an ounce of spirits of chloroform, and six ounces of infusion of calumba. Two tablespoonfuls should be taken twice a day for a short time.

Giddiness, though in some instances a symptom of serious diseases, is, in by far the greater number of cases, due to some temporary derangement of the stomach or liver. Take a dose of aperient medicine, correct any error

in diet of which you may have been guilty, and it will in all probability pass off. Sometimes, particularly in people of nervous temperament, giddiness is simply the result of fancy: a woman may have really suffered from it once or twice, and then, she may get into a nervous excitable state, and always be imagining that a fit of giddiness is coming on. Giddiness, however, may be due to weakness, and when this is the case a tonic will be required. The simple quinine tonic, mentioned above (p. 225) with the substitution of port wine, for ginger or orange wine (a wine-glassful to be taken two or three times a day) will be found very suitable. Many women, suffer from swimming in the head, *sinking* sensations at the stomach, and fits of faintness. Swimming in the head is, in most cases, due to excessive mental or bodily exertion, and will generally be relieved by a glass of wine or a dose of sal volatile. When the relief thus afforded is not permanent, you will find that a little attention to diet, a dose or two (3 to 5 grains) of gray powder, and a good tonic, will soon

"set you up again." That peculiarly indefinable sensation women often experience, and which they usually describe as a "sinking sensation" at the stomach, as also the feeling of faintness, is generally the result of weakness, and some slight "upset" of the system, due, probably, to some trivial disturbance of the digestive organs. Careful attention to the general rules we have already so amply laid down, and the exercise of a certain amount of "self-control," is the best thing in these cases; but, you must particularly guard against the idea, that "sips" of sherry, or even worse, brandy, will prove of any avail. If you feel as if you are going to faint, you may generally prevent yourself from doing so, by sitting down, and then, bending forward so as to get your head as nearly as possible between your knees. When a person really does faint away, all tight clothing, especially that about the neck, must be loosened, and the patient should be placed, if possible, where a current of cool air can reach her; avoid crowding; and sprinkle cold water, with the fingers, over the

face. Smelling salts may be applied to the nose, only they should be held at a little distance from the nostril, so as to permit air to be inhaled as well. In these cases, it will probably be necessary to administer a little wine, or brandy, to bring the patient round; only *bear in mind*, that when you want, as you do in this case, to get the effects of alcohol rapidly produced, you must give it diluted, *neat* brandy is very little use for this purpose. A teaspoonful of sal volatile in a wine-glass of water, will often prove effectual. In women who are suckling their children, the feeling of faintness is by no means uncommon; when the faintness comes on, the mother should at once lie down, and take a biscuit with an egg beaten up in a glass of wine, or cup of tea; or a glass of stout or ale should she prefer it. When, however, the attacks of faintness are of frequent occurrence, it is a sign that the mother is not sufficiently strong to suckle her child entirely, and it must be partially fed on artificial food, or, if necessary, weaned altogether. *Palpitations* are often due to some

slight functional derangement, and, in many instances, are caused by an attack of indigestion, or an over-distended state of the stomach, due to flatulence or other causes. Placing the feet and legs up to the knees, in hot water, affords relief when the palpitations are distressing, and attendance to the general health is necessary. Sometimes, palpitations are a symptom of some serious disease, and when the patient is troubled with them very often, she should not hesitate to consult a medical man.

Neuralgia.—There is but little consolation in stating that this painful affection is as general as it is distressing; almost every drug has been brought into use for its relief, and yet only temporary good has been effected. There can be but little doubt that neuralgia, is not only a local affection of any particular nerve, or set of nerves, but it is a general state, or condition of the system, and in this, we see an explanation of the fact, that so many drugs have been called into use, without producing any special advantage, for, though they may relieve the local pain, they do not act upon

the neuralgic state. In neuralgia, there would appear to be an altered condition of the blood, which reacts upon the nervous system. The proofs of this being the real explanation of neuralgia, are so numerous, that, were it not for the local manifestations of pain being so great, the truth of this statement would have been recognised long ago. Quinine does not act locally, and yet it is the only drug that appears to exercise any lasting influence over the neuralgic state. In some instances, even quinine appears to be inert, but that is because it is given alone; if it is given with some mild aperient, such as sulphate of magnesia (epsom salts), its beneficial effects will at once become apparent. Does not this favour the idea that neuralgia is a general state? Then again, neuralgia is distinctly hereditary, sometimes all the members of a family will be affected by it, while at other times it appears to skip one and affect another. Even the most trivial change in the patient's surroundings, will often be sufficient to relieve an attack of neuralgia. We know of several instances

in which, even, the simple fact of moving from one street to another close at hand, or from one side of the road to another, has cut short an attack of neuralgia. Is it probable that a mere local affection would be benefited by a change so slight as this? Our experience of many cases of this affection, have forced upon us the conclusion, that just as there is the malarial state, and the rheumatic state, so, there is the neuralgic state of the system; and the more we treat neuralgia as a general state, rather than a local condition, the greater will be the relief we shall afford. We have, at the risk of wearying you, been induced to make these remarks, as women, as a rule, hanker so much after local applications, when general internal remedies are the only ones, the use of which, offer a fair prospect of anything approaching permanent relief. Quinine is the safest and most efficient drug you can use in neuralgia, and you will experience most benefit by taking small doses in the form of a tonic for some time. The following mixture should be prepared, twenty grains of sulphate of

quinine, two drachms of aromatic sulphuric acid, one ounce of sulphate of magnesia (epsom salts) half an ounce of syrup of lemon, and eight ounces of water. Two tablespoonfuls should be taken three times a day. When the pain comes on regularly at the same time of day, and lasts the same time, it would be well to take a large dose (five to ten grains) of quinine, a little before the time the attack is expected, and then resume the use of the tonic we have have just mentioned.

Many people complain that they cannot take quinine, and, they would even prefer the neuralgic pain, to the sense of discomfort the quinine produces, but, while this is true in many cases, we have seen many women who have said that they "dare not touch quinine," take large quantities of it, without experiencing any unpleasant sensations, when it has been given them in the form of a pill. Those who cannot take quinine, should try the chloride of ammonium (sal ammoniac), in twenty or thirty grain doses in water, or the iron tonic we mentioned (p. 225); and if this does not procure them any relief, they must consult a medical man, who

will be able to prescribe for their use, other remedies, such as arsenic, chloral, bromide of potassium, gelsemium, &c., none of which should be taken by any unskilled person, except under the advice of a medical man.

While on this subject we would say a few words on the use of chloral. We have been so unfortunate as to see many women who have been addicted to the terribly pernicious habit of taking, continually, small doses of chloral. Accept, then, the advice we give you, in all earnestness, and, whatever pain, or distress, you may be suffering, never take chloral, unless at the bidding of a medical man. The habitual chloral-taker, is as readily recognised, as the individual who tipples in secret.

The prolonged use of chloral, produces profound melancholia, and an enfeeblement of the will, the heart's action becomes weakened, and the circulation impaired, red patches appear on the skin, especially on the face, and about the nose, and this, which is known as the *chloral rash*, can be recognised at a glance by an experienced eye. The patient suffers

from languor and muscular weakness, complains of shortness of breath, and, in due time, gets into such a state, that she cannot sleep without the drug. Turning from this unpleasant subject we will now speak of the local applications for the relief of neuralgia. The application of cold, is often very grateful, bathing the face and head with ice-cold water, or, the use of a cold compress, frequently affording marked temporary relief, and, bear in mind, what we have said, that no local remedy can be expected to afford more than a passing relief from the wearisome pain of neuralgia. When cold is of no avail, bathing the part with very hot water, will often be beneficial, and the alternate use of hot and cold water, will often succeed, when the application of one or other of them only, has proved useless. We can speak very highly of the neuralgic crystal, as a local application in neuralgia. We have seen several instances of its excellent effects, and it appears to us, to be pleasant, safe, and effectual. Mr. Henry Buck, of Newport, Essex, has an excellent

plan of utilising capsicums. He soaks a handful of crushed capsicums in a pint of hot, or cold water, for thirty-six hours, and then applies a piece of lint soaked in this liquid, to the affected part, and covers it with a bit of gutta-percha. We have tried this ourselves, with very good results, the application never produces a blister. This reminds us, that, in neuralgia of the face, the production of a blister behind the ear, is often most beneficial. Ordinary blistering paper will generally do for the purpose. Oil of peppermint, painted over the face, is said to afford relief, but we have had no personal experience of this remedy. We might go on enumerating local remedies that have afforded more or less permanent relief, only it would serve no useful purpose to do so. In concluding this subject, we would beg you to bear in mind, that better than all medicine, is a thorough change. A change from inland to sea, or *vice versâ*, from mountain to valley, or valley to mountain, being, as far as our experience goes, equally beneficial.

Nervousness.—This condition is one which

it is very difficult to define, though, it is one from which many people suffer to an acute degree. It is not always easy to say what brings it on. Sometimes it is undoubtedly due to over-work, or great mental strain, while, again, it occurs in others, in whom there could not be the least suspicion of the existence of either of these conditions. The patient feels an ill-defined dread, as though something were going to happen; she will often hear strange sounds, or fancy that she sees unusual sights; she will start up at night, and insist upon lighting a candle, and then blowing it out again, she rests quietly for some hours, only to again awake suddenly, and pass through the same performance. She seems to "lose count" of passing events, and, in due time, becomes quite incapacitated for mental work of any kind, and is startled to an alarming degree, at the most trivial and unexpected occurrence.

This condition may be brought on, as we have said, by too much, or, too little work, it may be the result of weakness, or of derangement of the digestive organs, and in

many instances, if the patient's case is carefully inquired into, it will be found that from some cause or another, it may be of necessity, or voluntarily, she has been in the habit of going without sufficient sleep. It is surprising how people vary with regard to the amount of sleep they require; some people can sleep anywhere, they will quietly doze off while driving in a carriage, or in a railway carriage; others, again, seem only to possess the faculty of sleeping during the usual hours at night-time. Many people can do with six or seven hours sleep, but those who cannot sleep at odd times during the day, and especially nervous people, require fully eight or nine hours sleep. The best treatment then, in these cases of nervousness, is a thorough change in the mode of life, regular meals, and regular hours, both in retiring to rest, and in getting up, care as regards diet and the general health, and wholesome occupation for mind and body.

The Skin.—Every woman is desirous of possessing a soft clear-complexioned skin; but, in your endeavour to attain this very

desirable object, you should recollect, that the skin will only look delicate and healthy, when it is kept in proper order, and its functions are regularly performed. Discarding, therefore, the many fashionable cosmetics you will often be tempted to use, as giving only an artificial and purely temporary beauty to the skin, and tending, more often, by blocking up the pores of the skin, to the production of serious harm, you will find, that, by a little well-timed care, and judicious management, you will be able to keep the skin in a thoroughly healthy, and therefore in an attractive state, without having recourse to the many little arts and contrivances, by which your shallow-minded neighbour may seek to obtain a reputation for cutaneous beauty. Apart, however, from any question of beauty or comeliness, it is your duty to adopt all the means in your power to keep the skin in a healthy state, for, an inactive unhealthy skin is incompatible, either, with personal beauty, or, sound health. The skin is one of the most important organs of the human body. It acts as a physical

protection to the deeper and more delicate structures, and, as its most superficial part is composed of cells, which are impervious, and non-absorbent, it protects the organism from the entrance of many poisonous and noxious materials, which we should, otherwise, be in constant danger of absorbing. In it, are spread out delicate nerve terminals, and it is the seat of the special sense of touch. It is an organ of excretion as well as secretion, being beset with vast numbers of little glands, which open in thousands on its surface. The blood supply of the skin is exceedingly plentiful, and it is one of the most important organs concerned in the regulation of the temperature of the body. Under the influence of warmth, the little vessels of the skin dilate, and the blood flows freely through it, and its temperature is reduced; at the same time, a greater or less amount of moisture is given off from the surface. When cold strikes the body, the vessels contract, and less blood flows through the skin, so that the temperature of the body is not lowered. The special advantage of the

skin, as a regulator, is that it is a self-regulator, less blood flowing through it when we require to be kept warm, and more, when it is necessary that the temperature of the blood should be reduced. All this goes on, in many cases, without even our knowledge, and at all times without the exercise of our will. Under normal conditions, a certain amount of moisture is always being poured forth on the surface of the skin; this is known by the term *insensible perspiration*, because it goes on unobserved, and its existence is little dreamt of by the ordinary individual; its cessation, however, though it be but temporary, is a source of great discomfort, and results in the unpleasant condition known as a *dry skin*, which exists to a greater or less degree, in all febrile states.

If the skin is to be kept in a vigorous state, thorough and scrupulous cleanliness is an essential. The surface of the skin must be carefully washed, or sponged over, daily, and, though we would not recommend the constant use of a warm bath, as being likely to prove too relaxing, nevertheless, a hot bath should

be taken two or three times a week, as warm water, by opening the pores of the skin, is much more effectual than cold water, in cleansing it thoroughly. After a bath, whether warm or cold, you should be particularly careful to dry the skin thoroughly, with a soft Turkish towel. Terebine soap is invaluable as an application for the skin, and it is particularly useful in allaying the irritation produced by the bites and stings of mosquitos, sand-flies, and other tropical insects. Its use is often attended with great benefit in *eczema* and other cutaneous eruptions. Glycerine *white curd* soap is a very pleasant one to use and produces an excellent lather. We can particularly recommend the *dark glycerine* soap, prepared by W. A. Wilson & Co., of 80, Lamb's Conduit Street, London. This is a thoroughly reliable soap, and has both a softening and soothing effect upon the skin. An excellent preparation, which may be applied at night, or after washing, and especially after washing with hard water, is Cooper's Cucumber Balm, it will be found exceedingly cooling and

refreshing for ladies and children after bathing, and it also relieves the annoyance caused by the bites of insects.

NETTLE-RASH may generally be known by its coming out in *wheals*, like those produced by the sting of nettles, the wheals generally being in the centre of a red, congested patch. The rash may appear very suddenly, and, disappearing as suddenly as it came, may again unexpectedly make its appearance, after a longer or shorter period of time. The attack is often brought on by some error in diet, such as eating shell-fish, tainted potted meats, or other unwholesome irritating food. There is a feeling of feverishness, the skin feels hot, and is extremely irritable, and, finally, the eruption appears. In some cases there is great nausea or even severe sickness. This form of nettle-rash, though very distressing while it lasts, only requires for its treatment, an emetic of ipecacuanha, or of mustard and water, as described in speaking of simple remedies (p. 369), or a dose of some brisk aperient, with a temporary

abstention from food, is often quite sufficient. Simple as it is, this complaint often causes great alarm to those who have not seen it before. When an attack comes on, lose no time in giving the remedies we have suggested, and, you can comfort the patient by telling her that she will probably be well again in a few hours. There is, however, another kind of nettle-rash, which is not attended with any feverish symptoms ; but there is a frequent recurrence of redness and wheals, with great irritability and heat of the skin. Alkaline baths (p. 244), or an application composed of half a drachm of carbonate of soda, an ounce of conium juice, and six ounces of water (Fox), will allay the irritation. These cases, however, require skilled advice, and a long course of treatment, which can only be carried out under the direction of a medical man.

Prickly Heat is a very common affection of the skin in tropical countries. It produces intense smarting and irritation of the skin, and more especially affects those parts where the clothes come in close contact with the

body, namely, the waist, neck, shoulder-blades, and arm-pits. It is a red, pimply rash, which, though it is for the most part localised in the way we have described, besets, more or less, the whole surface of the body, and sometimes, even, extends to the face. The diet must be very light, and all stimulants are to be avoided. Take some aperient medicine, and see that all the organs of the body are acting properly. Great relief will be experienced from the use of alkaline baths, made by adding from four to ten ounces of bicarbonate of soda, or three or four ounces of borax, to twenty or thirty gallons of water, of a temperature of 95°. You should not use violet powder, but a little fuller's earth, dusted over the part, or, a thin paste of whiting, gives great relief. Cooper's cucumber balm may be used with advantage.

The natives of India use the whey of curdled milk to allay the irritation. The milk of the cocoa-nut, too, has a most soothing effect, only it must be used at night-time, and be followed by a good bath in the morning.

Eczema.—This is a form of cutaneous inflammation. The skin is at first very irritable, and after a time, an eruption of small papules appears; after lasting for a week or two, the papules may go away, and the skin over them, becoming dry, peels off in flakes, or drops off in small branny particles. In some cases, the papules contain fluid, and when they burst, the discharge from them, becoming dry, forms a scab. When the part is painful and inflamed, strips of lint dipped in water, or in Goulard water, and covered with a piece of oiled silk, should be applied, or, the part may be sponged with milk and white of egg beaten up together. When there is not much tenderness, zinc ointment, or, a lotion of two grains of sulphate of zinc, with twenty drops of laudanum, to an ounce of water, may be used. Avoid alcoholic beverages, let the diet be light, keep the skin and other organs acting, take a simple tonic, and obtain medical advice as soon as you can.

Burmese Ringworm.—This is a form of *tenia circinata*; it begins as a small, scaly patch,

which is, at the first, extremely itchy, but afterwards becomes very painful and smarts greatly. The patch gradually undergoes enlargement, the circumference being beset with small vesicles. It frequently occurs in contiguous parts, as in the arm-pit, and often spreads to a considerable distance.

In Burmah, "Goa powder" is used with good results; at first its application produces a good deal of smarting and local inflammation, but it in most cases eradicates the disease. Two drachms of carbolic acid, about half an ounce of glycerine, and four ounces of water, or some tincture of iodine painted over the part, will be serviceable. We have seen the use of sulphur and vinegar followed by excellent results.

Herpes is an eruption of small vesicles clustered together. It often makes its appearance on the outside of the lips, or about the corners of the mouth. When there is much irritation cooling lotions should be applied; at other times, a little simple ointment will do. Take some saline aperient and a tonic.

THE FEET.—There are very few people who take sufficient trouble with their feet; but, if you consider, for a moment, how much your comfort depends upon your being able to walk with ease and freedom of movement, you will, not only, recognise the importance of being careful about the fit and shape of your boots, but, you will also see the necessity of paying due regard to the condition of the feet. We have already (pp. 20–24) dealt fully with the subject of boots and shoes, and we would only further remark here, that you should leave your measure with a good bootmaker, before you start, and, in being measured, you should see that the tape is passed round the foot, not only when you are sitting down, but, also, when you stand up, for, in standing, and, more especially, in walking, the foot expands, and becomes not only broader, but also longer. It is a custom with many bootmakers to measure the foot, when you are sitting down, and to *allow* for the expansion that takes place; but, you should insist on the tape being passed round the foot when you are standing, and bending

slightly forward, as the amount of expansion of the foot varies very much in different people. While, however, you make sure that the boot is a thoroughly comfortable fit, you must not go into the opposite extreme, and have your boots made too loose, for, a boot that is too large is just as objectionable as one that is too small, and is even more liable to produce corns and blisters. *Corns* are as common in the tropics as elsewhere, and a few remarks on their treatment and prevention will not come amiss. Soaking the feet in warm soap and water, or bathing them every night in tepid salt and water, will be very beneficial, especially if care be taken afterwards to dry the feet, both between and beneath the toes. Many people content themselves with simply passing a towel over the foot, leaving all wet between the toes; this habit is a fertile source of soft corns. Touching the surface with acetic acid, or iodine, or the application of a piece of ordinary belladonna plaister, or one of Mather's corn plaisters, will afford relief to hard or soft corns. In the latter kind, it is a good

plan to dust a little fuller's earth, or some oxide of zinc, on a piece of Lawton's absorbent cotton, and place it between the toes; this, by absorbing the moisture, and preventing the toes from rubbing against each other, affords great comfort. Instead of this, you may place between the toes some lint or absorbent cotton soaked in sweet oil. Your comfort will be considerably enhanced, if, in applying corn plaisters, you will take the trouble to trim them with a sharp pair of scissors to a shape that will, as nearly as possible, conform to that portion of the toe or foot to which they are to be applied; for instance, in the case of a corn between the toes, to simply apply a circular felt corn plaister, an inch in diameter, and a quarter of an inch in thickness, would be, to leave a certain portion of the plaister unnecessarily protruding both above and beneath the toes, and which, beside producing much discomfort by sticking to the sock, would form small lumps, which, under the pressure of the boot, would quickly produce blisters, whereas by shaping such a plaister that it might lie

between the toes, without extending beyond the upper or lower surface, it could be used without inconvenience.

When a boot presses unduly on the prominent parts of the foot, a *bunion* is produced. Set aside the boot that produced it, for another pair. Apply warm fomentations until the inflammation has subsided, then paint the part with iodine. Should a corn or bunion break down, and leave an ulcerated surface, protect the part from pressure, rest the foot as much as possible, and apply water-dressing—a solution of carbolic acid (1 in 40), or a weak solution of Condy's fluid. If fissures or cracks appear in the skin between the toes; apply water dressing, or, either of the lotions we have just mentioned, and facilitate their healing by touching them lightly, with nitrate of silver.

Excessive perspiration from the skin of the feet causes great discomfort; sponge the feet with water acidulated with acetic acid or lime-juice, or apply belladonna liniment two or three times a day. Dr. Ringer suggests the

use of lead, in the form of emplastrum plumbi, with an equal part of linseed oil, to be spread on linen and wrapped round the feet; renew the application every third day for nine days.

The following is an excellent method of treating excessive sweating of the hands, and is equally applicable to the feet. It is suggested by Dr. F. H. Alderson:—Soak the hands night and morning in warm water sufficient to well cover them, to which add two or three drachms of chloride of ammonium and twice as much carbonate of soda (crystals). Use sufficient to cause the skin of the hand to wrinkle like that of a washerwoman, then, rub well, twice a day, with the following embrocation:—Tincture of iodine, one drachm; compound camphor liniment and glycerine, of each a drachm and a half; an ounce of compound liniment of belladonna, and a drachm of eau-de-cologne. Should *blisters* form on the feet, if they are small you may puncture them, but if large, protect them by a layer of cotton wool, until the skin has had time to form beneath. When they have been opened, or

have burst, the dead skin must be removed with the scissors, and the raw surface dressed with carbolic acid lotion, or some simple ointment.

The very painful affection known as *ingrowing* toe-nail, is only one of the bad results of wearing too tight, or pointed boots. The pressure of the boot causes the flesh of the toe to overlap the edge of the nail, and ulceration takes place beneath it on either side, a quantity of proud flesh often sprouts up around the nail, and walking, or even standing, causes great pain. The nail is, in many cases, very much thickened. The best preventive, is due attention to the precautions concerning boots we have already inculcated. When the condition is once set up, it may be greatly relieved by soaking a piece of lint, folded double, in equal parts of olive oil and glycerine, and laying it over the nail at night-time; or, the toes may be separated by pieces of lint placed between them, and, the edge of the nail being slightly raised, a small bit of lint or absorbent cotton, should be placed beneath it, to prevent it from pressing on the raw surface. A small notch, made about the centre of the

edge of the nail, will enable you to raise it readily. In all cases of ingrowing toe-nail, you must obtain medical advice as soon as possible. In some people, the feet become very tender, and the least irritation produces a blister. Bathing the feet daily, in cold water to which alum has been added, will harden them. Women, who stay much within doors, often wear loose slippers throughout the whole day; this habit, however, should be avoided, as being liable to render the feet very tender.

Damp Boots.—Many evils result from wearing damp boots, and, in countries where much wet prevails, it is often very difficult, at certain seasons, to keep boots dry. Small sausage-shaped, green baize bags, made of a size that, when filled with hot, coarse salt, they will just fit into a boot, will be found very useful. The hot salt, in these bags, quickly absorbs all the moisture from the inside of a damp boot.

Inflammation.—In this, as in many other affections, most women make the mistake of resorting to local treatment only; indeed, there are many women who, when they see anyone

suffering from a local inflammation, such as a boil, seem almost to delight in applying poultices, to *draw* out the inflammation. In some instances, great harm is done by the *injudicious use of poultices*, and this is especially the case when the poultice is applied over a joint, or in its immediate vicinity. You will do well to recollect then, that, in most cases, a dose of aperient medicine, some slight change in diet or mode of living, the use of some simple tonic, and a little attention to the general health, is often all that is necessary, and never resort to poultices and fancy treatment, causing future trouble. The first symptom of inflammation is *pain*. The patient feels a throbbing, burning or aching pain, according to the tissue which is affected; the part then begins to feel hot, it becomes red, and swelling takes place. By adopting a proper line of treatment directly any symptoms of inflammation make their appearance, you will often succeed in cutting short an inflammatory attack, and prevent the occurrence of some local affection, such as a boil, which would otherwise cause you much

annoyance. When any of the symptoms of inflammation appear, a good dose of aperient medicine should be taken, and warm fomentations, cooling lotions, or an evaporating lotion (page 256) may be applied. A few words may be said, as to the relative value of cold and warm applications in local inflammations. When the inflammation is very acute, and, especially, if a joint is acutely inflamed, it is safer to employ warm fomentations; when, also, the parts are greatly swollen, and the skin is very tense, warmth, *by relaxing the parts, and relieving the tension of the skin*, will be found to afford more relief than cold.

Lastly, you should always remember, that there are many people who cannot bear the application of cold at all well, and, when you find that cold does not allay the pain, and relieve the patient's suffering, you should, without hesitation, try what warmth will do.

Boils.—On first entering the tropics, few escape an attack of this troublesome complaint. Many people suffer from crops of boils, which come out on almost any part of the body. They

are especially liable to appear on the neck, or any part where the clothes may produce local irritation. General debility, an over-heated state of the blood, change of climate, and errors of diet, are among the chief predisposing causes. When a boil first begins to make its appearance, in addition to the general treatment we have suggested in speaking of inflammation, you should apply cold to the part, in the form of Goulard water, or iced water. Strips of lint should be soaked in the lotion and applied, a pieced of oiled silk being placed over all. Instead of using the above lotion, an excellent application, is an evaporating lotion composed of one or two drachms of hodrochlorate of ammonia, an ounce of rectified spirit, and six ounces of water ; oiled silk *should not* be placed over the lint, when this application is used, or the object of using the lotion, namely, that of *carrying off the heat by evaporation*, will be defeated. When the boil has become painful, it should be frequently bathed with water as hot as can be borne. Poultices are sometimes used, but they tend to the production of other

boils. The application of a drachm or two of the extract of belladonna to an ounce of glycerine, at this time will relieve the pain and tension. If a boil has burst, or has been opened, a bread poultice may then be applied, once or twice, so as to thoroughly cleanse the raw surface which has been left; after that, the application of a little resin ointment, or, carbolic-acid lotion, will soon cause it to heal. *Blind* boils are very common in hot countries, and the blind boil of Egypt, especially, is a most painful and troublesome affection. If the surface of the boil be painted over with nitrate of silver, or collodion, its further progress will, in most cases, be checked. The practice of pricking and squeezing blind boils, which so many adopt, only does harm, and ought to be avoided, and, we would especially caution you against the foolish habit, some women have, of painting over the surface of a boil with the view of concealing it. Violet powder, also, must not be used for this purpose, indeed, if a boil has begun to form, it will, in all probability, go through its course, and there is but little

use in trying to conceal it. These affections, troublesome as they are, ought to be regarded as nature's kindly warning that something is amiss, and some corrective treatment should be resorted to, before the disorder of the system, whatever it may be, has had time to gain strength, and other manifestations of a more alarming nature have become developed.

Whitlow.—This affection arises, in many cases, from a punctured or poisoned wound; in others, it is the result of general weakness and debility. In Burmah, owing to the depressing and debilitating effects of the damp climate, this painful complaint is very common. It usually appears, as a deep-seated swelling about the middle of the finger. The simplest variety of this affection is that which is placed immediately beneath the superficial layer of the skin. In this form, a slight incision into the skin and a poultice, until the matter has been removed, followed by a little simple dressing (water or carbolic lotion being used), will generally produce a speedy cure. The other varieties of whitlow are much more serious, and as they

may result in permanent injury to the finger, you should, when you have reason to suspect that one is forming, obtain medical advice without delay. There is no difficulty in recognising the simple variety, the treatment of which, we have described above. In the first place, the cause is generally known to you, such as the prick of a needle, or other such like slight accident; and soon you will experience a smarting or pricking sensation in the tip of the finger, followed by slight swelling, and the formation of matter immediately beneath the skin, so that the superficial layer of the skin seems to be separated from the deep layer. The other varieties of whitlow, those which are beneath the whole thickness of the skin, and those which are in the sheath of the tendon of the finger, are not so readily known. The patient may probably have been feeling weak, and "out of sorts," for some time past, when she will become aware of a dull, aching pain, seated generally about the middle of one of the fingers; gradually the pain will become of a throbbing, stabbing character, and will appear

to her to "shoot right up the arm," the skin of the affected finger feels tense, and, as the patient often expresses it, "as if it were ready to burst," the finger will swell, but so gradually, that the increase in size will not be noticed for some days. As the local pain becomes worse, the general disturbance increases, the patient cannot sleep at night, and shivering fits come on. From the severity of these symptoms, you will see that it is necessary to obtain skilled assistance as soon as possible. In all cases of whitlow, tonics are required, and the system must be supported by a sound and nutritious diet.

Catching Cold.—Everyone is well enough aware of the symptoms of an ordinary cold; but, when we remember that these symptoms are the very same, as those, which may also usher in the commencement of some serious attack, the importance of studying them a little more closely will be self-evident. We can all recall instances in which people have suffered weeks of illness from having, as the expression goes, "caught a cold." You will do well,

therefore, to treat even such a simple complaint as a cold with all due respect; and you should endeavour, not only to discover such treatment as may cause it to pass through its stages as quickly as possible, but you should also try to avoid that unfortunate tendency to catch cold we all possess to a greater or less degree. Some people are particularly liable to take cold, in spite of any precautions they may adopt; but, in by far the greater number of cases, the tendency to catch cold is due to some indiscretion in the matter of clothing, or to neglect on the part of the individual to keep the skin in an active, healthy state. Often, also, it is the result of some act of carelessness, such as wearing damp boots. Sponging the surface of the body daily with cold water, and thoroughly drying afterwards, is a great preventive against taking cold.

In the matter of clothing, women often fall into serious error; garments worn next the skin should be of a light woollen texture, as such material adapts itself to variations of temperature, causing the body to feel warm

when the temperature is low, and keeping it cool when the temperature of the atmosphere rises again. Linen should never be worn next the skin.* Variations of temperature are far better combated by varying the thickness and nature of the underclothing, than by piling on wraps and shawls when the weather becomes cool, for these heavy garments only impede the action of the muscles of respiration, and render the wearer both weak and weary, thereby incapacitating her for active bodily exertion, and causing her to feel disinclined to take that daily exercise which is necessary to keep the

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* Sir Joseph Fayrer, in his work on tropical diseases (p. 359), remarking on the preservation of health in India, says: "One point I would particularly urge as *most* important: it is, never, under any circumstances, omit to wear flannel or light woollen under-clothing. I regard this as a point of cardinal importance, and never to be disregarded. Understand that the object of wearing it, is not to keep you warm, but to equalise temperature and prevent chills. During the action of the skin, the body clothing, if of cotton or linen, becomes wet with perspiration; and the first draught of air that brings it in contact with the skin causes a chill, and the evils that may follow are numerous."

body in a healthy condition. It is no uncommon thing to see a woman struggling along under a weight of clothing from which, after all, she derives but little additional warmth, and certainly no increased comfort. Moreover, the habit of wrapping up ought to be discouraged, as it tends to develop a morbid susceptibility; and those who are always in such a state of nervous excitability lest they should "catch cold," are certainly much more liable to do so than those who, while they take due precautions, do not allow their minds to be always dwelling upon the subject.

Some of our readers who have *not* had experience of life in the tropics, may be inclined to think that we have dwelt unduly on what they will probably regard as a trivial affection; but those who have had such experience will, we think, agree with us, that a good tropical cold, is, like an English summer cold, an ailment against which all due precautions should be taken; and they will have learnt, by bitter experience, that it is a malady which should certainly not be lightly treated when it *does*

occur. When colds are prevalent, our friend with the medicine chest (p. 177) is very active; but it must be allowed that, on these occasions, the suggestions which emanate from the oracle are generally simple enough; and, though they may do but little good, they happily are productive of but slight harm.

The first thing to do when the symptoms of a cold appear, is to try and promote the action of the skin, as, also, to increase the activity of the various glands of the body. Take a hot bath, or place the feet in hot water; take a dose (eight to ten grains) of Dover's powder; have a basin of warm gruel, get into a warm bed, and administer a dose of some brisk aperient in the morning. The following mixture will often be of service: two ounces of liquor ammoniæ acetatis, two drachms of spirits of chloroform, one drachm of nitrate of potash, half an ounce of syrup of orange, and six ounces of water; add a tablespoonful of the mixture to the same quantity of water, and take it every two hours or so, for a day or two. If there is much smarting or running

at the eyes, relief may be obtained by holding the head over the steam of hot water, or by bathing the eyes frequently with warm water. A few drops of spirits of camphor, given frequently in water, or sprinkled on sugar, will often afford relief in slight colds, especially if administered when the first signs appear. A Turkish bath, if you can take one with impunity, taken early in the course of a cold, will often cut it short altogether. A cold may often be got rid of in a single night, simply by drinking freely of cold water, toast and water with a dash of lemon juice, or barley water, throughout the night.

A *stiff neck* is a common result of sitting in a draught. The infusion of capsicum, mentioned (p. 234) in speaking of neuralgia, affords great relief when applied to the affected side of the neck. The old-fashioned remedy of applying a piece of flannel, and then ironing the neck with a warm flat iron, is often very useful. Or, instead of this, the neck may be well rubbed with hartshorn and oil, and then enveloped in a piece of warm flannel; or, a

piece of spongio piline, soaked in hot water, and applied to the neck, is often as effectual as any other remedy.

If, after exposure to cold, or after sitting in a draught, you feel a "stitch in the side" —namely, a sharp stabbing pain, which is aggravated when you take a deep breath, or cough, or sneeze—the best thing you can do is to apply a linseed poultice or mustard plaister; or paint the part with iodine, keep quiet; remain in a room of equable temperature if you can, take a brisk aperient, and, if the pain does not pass off soon, say, in forty-eight hours, you should send for a doctor.

When the symptoms of an ordinary cold do not give way to the treatment we have mentioned above, and especially if you feel tenderness over the chest, attended with a sense of weakness, and obscure pains in the chest generally, you had better apply a linseed poultice, both back and front, envelop the chest in a jacket of cotton wool, stay in bed, and send for medical aid. In those cases where the whole surface of the body seems tender,

when the least movement causes pain, and the joints are painful and stiff, you may suspect that an attack of rheumatism is coming on. Keep the patient in bed, envelop the joints in cotton wool, give some aperient medicine, and cause the skin to act (if it is likely to be long before medical aid arrives) by means of the simple mixture mentioned (p. 264) in speaking of a cold. You must *on no account* try and treat such a case as this yourself, nor, indeed, any of these severe febrile disturbances which come on with ordinary symptoms of a cold; but, when you find that the symptoms do not quickly yield to simple treatment, you must obtain medical aid with as little delay as possible.

Fever.—Fever and ague do not affect women so much as men, and, probably, the only reason is, that they are less exposed to the influences which produce them. The instances are fortunately rare in which a woman is compelled to expose herself to the influence of the night air, or to the vicissitudes of tropical temperature; and, when she is compelled to do so, she is

generally able to take full precautions against their ill effects. Sometimes, however, women are very careless in these matters; and, affecting to deride the precautions the stronger sex generally take when they have to expose themselves to the influence of the night air, or to vicissitudes of temperature, they will, sometimes, foolishly persist in walking, or, still worse, sitting about out of doors at night-time, and *enjoying*, as they say, the "cool night air"; quite forgetting, that every breath they take, is laden with the malarial poison, and that this simple act of indiscretion, may cost them hours and days of suffering for the rest of their lives. Remember, that once a person has suffered from a well-marked aguish attack, and the malarial influence has, as it were, got a "hold" upon her constitution, she will never entirely shake it off—*once malarial, always malarial.*

People who have been long resident in Burmah, suffer from a peculiar form of headache, attended with loss of memory; this affection, which generally goes by the name of "Burmah Head," is undoubtedly malarial

in its origin. There are hundreds who return home from the tropics, and suffer, more or less constantly, from headache which is undoubtedly malarial, though they may call it, as they please, a sick headache, or a bilious, or a neuralgic headache; though, in using this last term, they are probably not far from the truth, for the poison of malaria and the neuralgic poison are identical, neuralgia being one of the manifestations of malaria. An instance of the foolish way in which women, especially those who are "new comers," sometimes attempt to brave the vicissitudes of temperature in the tropics, occurs to us as we write. We can well remember a certain picnic party in the Antipodes, which was composed of several ladies who possessed considerable experience of tropical life, and three new arrivals from the "old country." On the day in question, the thermometer stood at 90° in the shade, and our visitors were not a little amused when they saw their lady friends provide themselves each with a warm shawl, to throw over them in the evening, as a protection

against the keen wind and heavy dew, which they knew would come on soon after sundown; but, in spite of all entreaties, they refused to take a like precaution. The result of this little piece of bravado was, that two of them got a severe cold; while the third, as the result of the "chill," experienced an attack of rheumatic fever, from the effects of which she still suffers.

The chief varieties of fever are—simple, intermittent, and remittent fever. *Simple* fever usually begins with headache, muscular pains, general loss of appetite, and a feeling of weakness and *malaise*. The causes which produce it are probably very simple: changes of temperature, the effect of a hot climate on a constitution not accustomed to it, or it may be malaria, being among the conditions which bring it about. When an attack comes on, you should stay at home, and be careful not to expose yourself to any sudden change of temperature; take plenty of cooling drinks, such as toast and water with a little lemon juice, or lemonade made from fresh lemons. An excellent drink may be made by boiling

two ounces of the pulp of tamarinds in two pints of milk, or water, and straining. Take a dose (ten grains) of Dover's powder during the hot stage; after this has passed off, the administration of a mild aperient, and the use of the quinine tonic (p. 225) for a time, will probably be all that is necessary.

Intermittent fever is so called because it comes on in paroxysms, which recur again and again with remarkable regularity. During the interval between the attacks, the patient may feel perfectly well, but she will be able to calculate to a nicety the day and hour when she will experience another attack. An attack of intermittent fever is usually preceded by a general feeling of weakness, and nervous forebodings, on the part of the patient. Suddenly, a sensation of chilliness comes over her, and she complains of weariness, headache and muscular pains; presently, she begins to shiver—the shivering sensation starts in the back, and is communicated to the rest of the body; the fits of shivering now give place to distinct rigors, the teeth chatter violently, and there

are convulsive tremblings of the whole body. During this stage, which is known as the "cold stage," the temperature rises rapidly. After a period, the length of which is liable to great variations, the sense of chilliness lessens, there is diminished force and frequency of the rigors, and the patient begins to feel warm; this relief is, however, only temporary, for she has to pass through another series of trying symptoms; the feeling of heat is now intense, the skin becomes hot and dry, the respirations rapid, and the thirst almost intolerable. This, which is known as the "hot stage," may last from one to eight or ten hours. At last the sense of heat gradually lessens, and the skin becomes bathed in a profuse perspiration; this is known as the "sweating stage." And once this stage has fully set in, the patient usually makes a rapid recovery.

In *remittent* fever, the paroxysms may occur twice a day; but during the intervals there is no marked fall of temperature, and when the paroxysms come on, there is a further elevation of the already existing high tempe-

rature. During the cold stage of intermittent fever, you may do much to relieve the patient's distress by applying warm bottles to the feet, hot flannels to the abdomen (see p. 360), or even by giving her a hot bath. Two or three cups of tea, of your "best manufacture," will comfort the patient a good deal; give her the tea in a small tea-cup, and do not make the mistake, which is too often made, of placing before the patient a plateful of thinly-cut, but thickly-buttered bread; the patient does not want food, and, indeed, she is better without it. During the hot stage, you may let the patient partake freely of cooling drinks; peel and quarter a lemon, and place it on a plate by her side, for she will derive much comfort from sucking a piece now and then. A dose (ten grains) of Dover's powder will be beneficial during this stage. After the hot stage has passed, quinine, in doses of five to ten grains, should be given every four hours; when the full effect of the drug, as indicated by deafness and noise in the ears, is observed, the frequency of the doses may be lessened; but, as a rule,

it is well to take a dose a short time before a paroxysm is expected, as it may prevent it altogether. With due care, however, a woman may generally succeed in escaping an attack of fever and ague. Bearing in mind what we have said (pp. 131), you should yourself see that all the water used for drinking purposes is boiled and filtered, for, when you have reason to suspect, that much vegetable matter exists in the water, filtering alone is *not* sufficient. During the time you are in a specially malarious district you should take the quinine tonic twice daily, and pay particular attention to our words of warning about going out late at night.

Wounds.—You will, let us hope, have but little to do with wounds, unless it be with such domestic wounds as a "cut finger," or other such like slight accident. Nevertheless, it is only right that a woman should *know* what to do, and be able to act with promptitude in those rare emergencies which occasionally arise. Ninety-nine accidents might happen when a medical man was at hand, or, some

male friend, who knew what to do, was near, but the hundredth might happen when women alone were present; and for the sake of this hundredth time, problematical though it may seem, we will briefly indicate what *ought to be done* when, from any accident, a severe wound may be inflicted. In such a wound, if the bleeding is from *an artery*, the blood will be of a scarlet hue, and will come out in jets. Pressure *above* the wound, that is, between the heart and the wound, will stop the flow of blood, and, on removing the pressure, it will at once *recur*. If the bleeding is *from a vein*, the blood is of a purple colour, and pressure *below* the wound, that is, between the wound and the extremity, will stop it. Bleeding from a vein only requires a little pressure, by means of a pad and bandage; but that from an artery, especially if the artery is of large size, will require the application of direct pressure to the artery *above* the wound.

In such a case, *lose not a moment, but, at once tie a twisted handkerchief around the limb above the wound, and, placing a stick between*

the limb and the handkerchief, twist it round until the vessels are thoroughly compressed and the bleeding ceases. We can recall to our mind an instance of this kind that happened in Auckland, when *a life was saved* in the way we have just mentioned, and this act was performed *not* by any strong-minded "blue stocking," *but* by a frail and delicate little lady. Imagine what a comfort it would be to you if, when, perhaps, years after, you were sitting by some cosy English fire-side, in the dusky twilight of a winter evening, and recounting your "tropical trials," you could look back on an emergency thus successfully met, and a life thus nobly saved.

In any slight wound, such as a cut finger, you should first carefully wash the wound, and then bring the edges neatly together by means of a sticking plaister, or, by a pad of lint and a bandage. If the cut was inflicted by a dirty knife, or anything which would be likely to leave any irritating substance behind in the wound, you should at first steep the finger in warm water, and do not be afraid

of the increased bleeding which the warmth produces, as the blood will wash away any irritating material, and cleanse the wound in a natural way, better than you could do; then you may put the finger in cold water, or in a solution of carbolic acid, one part to forty of water, and dress as we have described. If the wound was caused by a piece of glass, you must have the resolution to pass for yourself, or to allow someone else to pass for you, a pair of *blunt* pointed scissors, or any such like instrument, to the bottom of the wound, so as to remove any particles of glass that may remain in it. Be advised in this matter, if the wound feels comfortable, don't remove the dressing, an ordinary cut will heal up in a week or ten days, though it has never been looked at from the time it was first "done up." If the cut becomes more painful, you must, of course, undo it, and dress it again. Let the applications you use be as simple as possible, water alone, or with carbolic lotion or a little Condy, are best. The old-fashioned Friars balsam is, now-a-days, a much neglected

though very useful application. Arnica, a woman's panacea for bruises, sprains, or cuts, is both useless and harmless, a weak solution of brandy and water applied to the wound would do equally well.

Bruises are best relieved by the application of an evaporating spirit lotion (p. 256), or by the use of soap liniment. The following is an excellent remedy: take a raw egg, beat it up in half a pint of vinegar, add an ounce of spirits of turpentine, and half an ounce each of camphor and spirits of wine, mix them well, and shake them up in a bottle. This lotion is to be rubbed over the bruised part. In severe bruises a stimulating and soothing application is one composed of equal parts of belladonna and chloroform liniments. A *sprained ankle* is, in many instances, due to the foolish habit of wearing high-heeled boots. At once place the foot in hot bran and water, as hot as can be borne, and then, when the pain and inflammation have subsided, apply the evaporating otion (p. 256) or iced water. Later on, you will find that bandaging the ankle with a wet

bandage will give great comfort and support. When a sprain is at all severe, you should, if possible, consult a medical man, for, sometimes, serious permanent affections of the joints result from them.

Varicose Veins.—The veins of the leg sometimes become enlarged and distended, and, by causing the legs to swell and ache a great deal, they prevent the patient from taking proper walking exercise. The condition is brought about, in many instances, by wearing a tight garter; and for this reason side suspenders are much to be preferred to garters, for the purpose of keeping up the stocking. Debility, and the generally lax state of the muscles which comes on after prolonged residence in the tropics, are also among the causes of varicose veins. Great relief will be afforded by pressure applied equably to the whole limb ; this you may best do by bandaging the limb carefully from the toes to the knee, and, do not make the common mistake of tying the bandage in a knot, for, by doing so you *constrict* the vessels of the limb, and so tend to

produce the very condition you are seeking to cure; but, you must fasten the bandage with a safety pin. You should provide yourself with some *domette* bandages, about two and a half inches wide and eight yards long — these bandages are made of light flannel, and they will keep in position a much longer time than a calico bandage. You may doubtless come across many people who will recommend you to wear an *elastic stocking*, and they will tell you that if you only do this, you will have no further trouble; most elastic stockings, however, are kept up by a band of elastic which goes round the top, and this, by constricting the vessels, does a great deal of harm; if you do use an elastic stocking, you should see that the elastic band at the top is at least two inches wide, or you should have the stocking so made that it may be kept up by means of side suspenders. Any further treatment than this you had better not attempt, but if the pain becomes worse you should consult a medical man. When you are sitting down you should raise the foot by placing it on a cushion or on

another chair. While on this subject, we may mention that *cold feet* are often associated with varicose veins. Indigestion, also, and biliousness are common causes of cold feet; a tight garter is another cause. In some people, however, the feet always seem to feel cold; this coldness may generally be relieved by placing the feet in cold water at night, rubbing them all the time, then drying thoroughly with a rough towel, and putting on a pair of stout woollen socks.

Snake-bite.—The symptoms brought on by a bite from a poisonous snake, will vary with the amount of poison introduced into the system. The general symptoms produced are those of profound nervous prostration, there is a feeble and intermittent pulse, sickness, great rapidity of respiration, the speech becomes indistinct and the pupils dilate. Supposing that a limb has been bitten, at once place a cord round it a few inches above the wound, and, passing a stick between the limb and the cord, twist it round several times, till the utmost degree of tension is produced. Two or

three other ligatures should be applied above the first, a few inches intervening between each. Give the patient equal parts of hot brandy and water, and send for medical aid without a moment's delay. You may probably never be called upon to exhibit your presence of mind in so trying an emergency as this, but for the reasons given in speaking of severe wounds (pp. 274, 275) we briefly indicate the treatment to be followed till medical aid arrives.

Scorpion-bite. — The sting of a scorpion produces a sharp, burning pain, and the part swells, and becomes hard, white, and tense. A little strong liquor ammoniæ applied at once will relieve the pain, and you should then put on a cold poultice.

Mosquitoes.—The application to the skin of a weak solution of ammonia affords great relief in bites from mosquitoes. Goulard water, terebine soap, or Cooper's cucumber balm will all be found very soothing.

Moths.—You may best protect your clothes from the inroads of these tropical pests by keeping a lump of camphor in your portman-

teau. An open bottle containing spirits of turpentine, placed on a shelf (out of the reach of children) in your wardrobe, will generally keep off the moths.

Burns and Scalds. — In burns and scalds, three degrees of severity may be distinguished. The simplest are attended only with redness of the skin, or *erythema*; the next in severity, are those in which *vesication* occurs, the superficial part of the skin being raised up into blisters; while the most severe forms are attended with *destruction* of the deeper tissues, the whole thickness of the skin, the muscles, vessels, or even the bones being destroyed. The simpler varieties of burns usually heal readily under appropriate treatment; but those in which the skin and deeper tissues are destroyed are, often, very difficult to heal, and, as in these forms, the soft parts have a great tendency to contract, great care must be taken, or serious deformities may be produced. As regards the severity of burns, it should always be borne in mind that a comparatively superficial burn, or scald, extending over a large

surface, is far more dangerous than is a much more severe burn which only affects a limited area. The main principle to be kept in view in the treatment of burns and scalds, is the exclusion of air from the affected part. One of the most simple and effective methods of treatment consists in dredging the part over with flour, care being taken that the flour is equally distributed over the whole of the affected surface; a thin layer of cotton wool, and a bandage should then be lightly applied. The flour forms a soft and soothing application and, when vesication has taken place, and the vesicles, or blisters, have broken, it combines with the effused fluid, and forms a solid crust over the raw surface. After a time, the encrusted flour will separate in flakes, leaving, underneath, a raw but healthy surface, to which you may then apply ordinary cold water dressing, or weak carbolic acid lotion (1 in 40). Instead of flour, whiting or pipe-clay may be mixed with water into a thin creamy paste, which, applied over the affected part, dries, and forms a mould that at once protects

the wound and excludes the air. Another very useful application is "Carron oil"—a mixture of equal parts of solution of lime (liquor calcis), and olive, or linseed oil. This Carron oil may be applied on strips of lint or cotton-wool, or, better still, a quantity of "Lawton's absorbent cotton" may be steeped in it, and applied to the wound. Whatever be the nature of the application you may use, the following cardinal point, in the treatment of burns, must be borne in mind; namely, that the dressing, when once applied, should be left on until it produces discomfort, or becomes offensive from the discharge. The constant renewal of the dressing, by irritating the surface, depressing the patient, and admitting the air, is sure to do harm. When vesicles have formed, if they are small, and tense, they may be punctured; but when they are large, you had better let them alone. In all cases of burns of the third degree, where the deeper textures are destroyed, and in such of the second degree, where the vesication is extensive, and the area affected large, medical aid should be obtained as soon

as possible. In the meantime, however, if such assistance is likely to be long before arriving, any one of the methods of treatment mentioned above should be resorted to.

SEA-SICKNESS.—"What do they say about sea-sickness?" We can well understand this being the first question many a woman will ask, prior to her perusal of "Tropical Trials," and the estimate many a fair traveller will form of this little work may, quite unconsciously, depend, to a great extent, upon the suggestions we may make, and the advice we may be able to give on this subject. This is a cosmopolitan complaint; reader and author, male and female, rich and poor, servant or lord, here, at least, are on common ground. All alike have suffered from it, and everyone can tell dire tales of its effects. Sea-sickness is the one touch of nature that makes the whole world akin. Every woman has it in her power to do a great deal, prior to starting on a sea-trip, to lessen the amount of suffering she may experience, and, perhaps, she may succeed in altogether preventing the occurrence of

sea-sickness. You should live very plainly for a short time previous to starting, and take a couple of aperient pills the day before embarking—a cup of strong coffee, taken just before going on board, will often prove beneficial as a slight stimulant. We have seen the use of bromide of sodium followed by excellent results; a drachm should be dissolved in water, and taken three times a day, for two or three days previous to sailing, and the amount taken should be reduced to half when you get on board. While recommending this drug, we wish it to be clearly understood that only those who suffer much from sea-sickness should resort to its use, and, further, while no harm can ensue from using it for an occasional short voyage, such as a trip across the Channel, its prolonged use might be followed by ill effects. Should you be going a long voyage, you will do well to obtain the advice of the medical officer of the ship, and let him decide as to the necessity for your taking it, and as to how long you should continue its use. Last, but by no means least, do not allow yourself to "brood"

over the prospect of the voyage and its attendant discomforts, but let both mind and body be fully occupied up to the last moment, and, probably, you will go on board and not experience half the suffering you expected. To see the elaborate preparations some women make before they start, one would think they were looking forward to some pleasurable event, instead of to a state of affairs which is very much the reverse. Do try, then, and "summon up courage" before you start, and you will have every reason to be pleased with the result.

Once on board, you will find most comfort in lying on your back, as near the centre of the vessel as possible, with your head low and feet towards the stern of the ship. When you feel a sinking sensation coming on, you should take a deep breath, and you will find that it will afford relief for the time. Make a firm resolve, and adhere to it, that, however bad you may feel, you will eat something. The habit of persistently refusing to take nourishment, because it will "make you

sick," is a very foolish one; if you are really going to be sick, you will be so, whether you eat or not. One of the best means of alleviating, or even preventing sea-sickness, is to support the abdomen. Take a piece of flannel about three quarters of a yard wide and three and a half yards long, and bind it firmly round the lower part of the abdomen three or four times. The warmth and support this will give will afford you the greatest comfort and relief; or you may use a most ingenius "abdominal support," invented by Mr. P. W. G. Nunn, to which we will presently make further reference. Effervescing drinks, such as soda-water, champagne, &c., afford great relief, and sucking a lemon, from time to time, will remove the feeling of nausea. Be careful, while on board, to overcome the least tendency to constipation by taking some brisk aperient; indeed, except in cases of extreme exhaustion a mild aperient may be taken daily for the first few days of a sea-voyage. Stay up on deck as much as you possibly can; try and walk about, and endeavour to accustom yourself as soon as

possible to the unusual motion of objects around you. See if you cannot divert your atttention to other people and other things; remember there is sure to be someone on board who is really worse than yourself, and, in attending to other matters, however trivial, or trying to assist others in however slight a degree, you will find that the disagreeable sensations you were experiencing have passed away. To sum up in a few words we would say:—

I. Live plainly, take a dose of aperient medicine, and do not brood over the prospect of the voyage prior to starting.

II. In certain cases (as specified above), take bromide of sodium for a few days before you start.

III. When on board, keep on deck as much as possible; try and walk about, and endeavour to divert your attention from yourself and your immediate surroundings to other people and things.

IV. Resist any tendency to constipation, take plenty of nourishment, support the

abdomen by a flannel binder, or by Nunn's abdominal support. Partake freely of effervescing drinks, and follow out the advice given you by the medical officer of the ship.

So far, we have given you the benefit of our personal experience only; but we will now put before you a few extracts from literary contributions, by medical men who have had a much larger experience than we have had. Mr. Nunn, in a most lucid article in the "Lancet" of December 17, 1881, says:—

. . . Pressure over the abdomen is by far the most hopeful remedy we possess. A well-made mechanical appliance, specially designed for this purpose, and made for me by Messrs. Maw, Son, and Thompson, Aldersgate-street, I have found to be most efficient. . . . It is found by experience that if the abdominal muscles can be kept in an almost continuous state of contraction, the tendency to sea-sickness is very much lessened. We can do this either by strongly willing to make these muscles contract, or by making a continuous expiratory effort as in singing or whistling; but most will agree with me that this would be by far too tedious a proceeding to recommend. It is well known that certain positions in a vessel are more likely to provoke sea-

sickness than others. For example, an upright position with the back to the bows of, and at one or other extremity of the vessel, is more likely to induce sea-sickness than the horizontal position in the centre of the vessel would be. If from any cause the voyager is unable to assume the recumbent position, the next best one is to sit down on a low chair or stool, with the knees drawn up to the body, the body being bent forwards, and a roll of clothing pressed between the stomach and the knees. I have often noticed that this position gives relief, the extreme pallor of the face changing to a normal colour. The abdominal support before alluded to is in the form of a belt with five air-cells worked between the two layers of the material, three in front and two behind. These air-cells are all connected together by means of air-tight tubes, and provided with an inflating nozzle and outlet plug. The belt is applied to the body over the jersey, and buckled comfortably tight. When the sea is gentle and smooth, there is no need to tighten the belt by inflating the air-cells; but if rough, these are inflated until such compression is produced as will convey a sense of support and comfort. The belt when inflated is not noticed under a loose waistcoat. If worn by ladies, it should be worn without stays. When the air-cells are strongly inflated, the belt is capable of sustaining a person in the water. When used for this purpose, care should be taken to secure the shoulder-straps crossways over the neck, and the belt should be drawn up under the arms.

In the "Lancet" of November 26th, 1881, Dr. J. A. Irwin, who has had an experience of nearly four thousand cases, contributes an article of great value on this subject. Unfortunately, the paper is of too *technical* a character to be quoted here; but we may say that we entirely agree with the conclusion he draws: that sea-sickness is due to a temporary disturbance of the *faculty of equilibration.* Speaking of the way in which nature sets matters right by the acquirement of a *new habit*, Dr. Irwin says:

> In fact, the *new habit* may become so strong, that a disturbance of it, by a return to the land, will be marked by a similar phenomena; hence the unsteady gait, sometimes observable in a *not drunken* sailor during his first few hours on shore after a long and stormy voyage.

Dr. Stocker, in a paper full of valuable and original suggestions, contributed to the "Lancet" of December 17th, 1881, says:

> I have been in the habit of recommending my patients to take a deep breath whenever they feel that *sinking* at the pit of the stomach, having found it by *experience* to be an *effectual*, though *not infallible*

means of allaying the sensation, and to this I would refer the good effect of singing, or of any rhythmic movements that may tend to relieve the mind or to regulate the breathing, as well as the advantage some times derived from weight or pressure applied to the stomach by elastic and other belts or bandages. Only the other day a gentleman told me he had experienced considerable relief by facing the wind, and bowing forward when the vessel pitched, so many and so various are the methods men resort to in order to accommodate themselves to the change, as I think, of the rarity of the air within the chest. . . . One is sometimes surprised at the complete failure in some cases of a remedy which in others has proved of great service; and, conversely, one is sometimes charmed with the effect of a remedy on some which has failed completely with others. . . . One cure, indeed, there is, viz. custom or habit. In the course of time it almost invariably asserts itself, and "use becomes second nature." The sooner one can accustom or habituate oneself to the altered condition of things, the sooner will one become "a good sailor." The more that one is able to forget oneself, the more that one's attention can be distracted from one's own condition, and diverted to other things and other people, the less will one feel the disagreeable sensations. What people want on board ship is *resolution*.

The italics throughout the above extract are our own. Dr. Stocker also, like ourselves

(p. 287), does not approve of the "indiscriminate" use, in large quantities, of the bromides of potash, sodium, &c. Dr. Gibson, in a letter to the "British Medical Journal," of October 29th, 1881, says :—

. . . It will be convenient to class the unfortunate victims of this disagreeable complaint under three heads. The first, and by far the largest class, are those who are ill, and actually vomit for a few hours, and subsequently feel nauseated for perhaps the rest of the twenty-four hours. The second class may be considered to consist of those who, instead of recovering from this state, continue to vomit and retch for two or three days. And, thirdly, there are those unfortunates who seem to have no natural tendency to recover, whose stomach and system generally seem devoid of tone, and who continue hopelessly prostrated, until, perchance, the weather becomes absolutely calm, or happily they arrive at the end of their sea voyage.

What can the doctor do for these poor people? Every voyage he hears the same exclamations: "Oh! doctor, can't you give me something to stop this sickness? Why does not some medical man find out a cure for sea-sickness? If a man were to find out a cure for sea-sickness he would make his fortune"; and many other such sayings.

Though *no infallible* remedy has as yet been discovered, a medical man can do much to mitigate the

sufferings which this complaint inflicts. The individuals who come under the first heading generally require no treatment, though a certain proportion are much benefited by a saline aperient, with a mixture of infusion of gentian and aromatic spirit of ammonia, at the same time advising them to take some food in small quantities frequently, and to keep on their feet on deck as much as possible. Those under the second heading find counter-irritation in the form of a mustard-leaf over the epigastrium (*i.e.* region of the stomach), keeping themselves in the reclining posture, warmly clad, with a mixture of half-drachm doses of bromide of potassium, combined with fifteen minims of tincture of capsicum every four hours, along with light nutritious digestible food, a very comforting and efficacious line of treatment. Lastly, the third class, of whom there are sure to be one or two among a considerable number of passengers, sometimes delicate ladies, but often men, who at the time of embarking looked robust, and not the least like prospective patients; for these the same remedies may be used as for the second class, supplemented by ice to suck, iced champagne to sip . . . the patient, whenever practicable, in fine weather, lying on deck in the open air, well wrapped up, with a hot bottle to his or her feet. . . . There is a prophylactic measure, so to speak, which I believe will mitigate all sea-sickness and prevent most. I mean the use of bromide of sodium in large doses, for some time previous to embarkation. . . . The traveller should take a drachm of this salt thrice daily, for at least two days previous to sailing,

the dose being reduced by half when on board. I have on many occasions recommended this; and, whenever it has been taken as I directed, it has given most satisfactory results. One patient, a lady, who could not cross Brooklyn Ferry without feeling sea-sick, crossed the Atlantic in rough weather without feeling the least sick; many others, who were usually very sea-sick, were scarcely sick at all; and the least favourable opinion of its efficacy that I heard was, "Well, I am not half so bad as I expected to be."

The specifics for sea-sickness, amyl-nitrite and "navigantine," do not seem to be more than occasionally beneficial; the latter is, perhaps, more suitable for the short passage across the Channel. I have several times been told by people going overland to India, that they took a dose before embarking at Dover, retired to their berths, and went to sleep, not awaking until the boat reached the French side; but, on getting on board the ocean-going steamer at Malta, they took the same preparation again, but found it quite ineffectual. . . .

Another medical man, writing in the "British Medical Journal" of the 12th November 1881, says:—

After some experience of sea-faring life, I came to the conclusion, several years ago, that sea-sickness was, in the great majority of cases, simply the product of fear, nervousness, and timidity. People go to sea with the expectation of being sick; and, as a natural consequence, they are not disappointed.

On my last voyage, we left New York with fourteen passengers, all males, most of whom were about to cross the Atlantic for the first time. As a sort of *experimentum crucis*, I took an early opportunity of expressing to each of them my conviction that sea-sickness was, to a great extent, preventible by an effort of determined will. The voyage proved to be an exceedingly rough one (in the month of March), but I heard no complaint of the slightest sickness; and I am certain that none of them experienced any of the horrible sensations usually associated with *mal de mer*. . . . . I am decidedly of opinion that a pinch of resolution will prove of more service to the intending seafarer than all the specifics in existence.

We have quoted from these excellent contributions on the subject of sea-sickness, so as to give you the benefit of an experience even more extended than our own, and with a view, also, to show you that cases of sea-sickness do not pass unheeded by medical men, but that they are ever "on the look-out," and always honestly trying to discover any plan of treatment which may relieve the distress of those who suffer from it. We trust, also, what we have said may enable you to see how futile it is to expect that any universal infallible remedy

will ever be invented, and so you will save yourself the expense and worry of investing in many absurd nostrums, and much-puffed remedies, which will give you but little satisfaction, and which you will be forced to acknowledge was a very bad investment for your money. You will find it an excellent plan, before finally purchasing any of these "cures" for sea-sickness, to write and ask the parties who supply them, to allow you to "*try*" them personally, at the same time giving a written guarantee that you will pay for them should they prove successful; you will find that your request will generally be met with a flat refusal, for to *test* these professed cures is to prove their inefficacy. We have further been influenced in putting the "pros and cons" of the treatment of sea-sickness before you, because we believe that any rational woman who will read the extracts we have given from the writings of scientific and thoughtful men will at once acknowledge the difficulty which lies in the way of treating this terribly distressing complaint, and they will be less ready

to cast the blame upon the unfortunate "ship doctor."

We cannot better conclude this subject, than by begging you to be a little more thoughtful in your treatment of the medical officer of the ship than is generally the case; women, especially, are apt to be very inconsiderate of their treatment of this generally much-overworked member of the ship's company. You should remember that the position of a doctor on board a ship is a very delicate one indeed, for he often has to act as a sort of "go-between" the passengers and the captain; and while he has to listen to the complaints of inconsiderate and hasty-tempered passengers, he has also to bear the brunt of their indignation should he deem it right to refuse their requests, or should the remedy for the petty evils of which they complain be somewhat tardy in arriving; and this, too, at a time when, probably, he is overburdened with trying professional duties, in the performance of which, as a rule, he has none to consult with or assist him.

Obesity.—Many people suffer to a distress-

ing degree from this unpleasant condition, and it is a curious thing that obesity should be regarded as a sign of robust health, when, as a matter of fact, there are few states of the system which are less consistent with health, and which cause both patient and doctor more serious anxiety.

In many cases there is no doubt that the tendency to obesity is hereditary, while in others it is without doubt a disease. Those people in whom obesity is hereditary, or in whom it is the result of disease, cannot, of course, expect to benefit by precautionary treatment to so great a degree as those in whom it is due to errors in diet or over-indulgence. Nevertheless, they may do much to counteract the tendency to this unfortunate state.

In the first place *do not* resort to the use of any of the quack medicines which are advertised as "cures" for obesity, for, if they have any effect, it is only through the action of powerful and dangerous drugs they contain, and they will in a very short time seriously damage your health.

The common causes of this condition are the taking of large quantities of food, with a good deal of wine and other alcoholic liquors, especially beer ; too much sleep, and too little exercise.

Dr. de Saint-Germain, of Paris, also points out other causes which are less generally known ; namely, the convalescence from severe attacks of fever, and the too great prolongation of the menstrual periods. In an admirable lecture given on this subject at the Hospital for Sick Children in Paris, Dr. de Saint-Germain insists on the fact that the most efficient means of combating obesity are regimen and exercise.

The regimen consists in the avoidance of all kinds of fat-forming food, such as fat, cream, butter, sugar and farinaceous foods ; bread, especially, must not be taken, or, if it is taken, only in the form of rusks or dry toast. Skim-milk, lean animal food, green vegetables, eggs, &c., may be partaken of. Water should be drunk instead of wine or beer, and brandy must be avoided.

We were acquainted with a lady who suffered from this condition, and she was in the habit of taking toast-and-water, even when guests were present, without attracting undue attention. She had some toast-and-water made, to which was added a dash of lime juice, and this was placed in a decanter, and, when she passed the decanter containing sherry to her guests, was able, unnoticed, to take the toast-and-water instead.

As regards exercise, the attention to diet is often attended with such marked results, that the patient is reluctant to undergo the fatigue of exercise. Dr. de Saint-Germain, however, is careful to point out that the loss of weight due to regimen is always attended with loss of muscular power. Exercise, therefore, is essential, but it is important that it should be varied in character; riding, walking, swimming, are all invigorating healthy exercises, which may be indulged in with impunity.

While on this subject, we may remark, in passing, what a good thing it is for young girls to be taught to swim, for, beside the fact

that it may some day be a means of saving life, it is a thoroughly healthy form of exercise—it expands the chest, and strengthens the constitution generally. In addition to the regimen and exercise we have mentioned above, you should pay attention to the matter of sleep, and be careful not to exceed in this respect. Plenty of occupation must also be provided for the mental faculties.

Functional Derangements.—The relaxing influence of a tropical climate, owing to the depressing influence it has upon the system generally, is, in the case of women, specially liable to produce slight functional derangements, from which they are not so likely to suffer in a cooler climate, and which, as they are apt to cause considerable anxiety, may be briefly alluded to here. The term menstruation, or periods, is used to designate the discharges of blood which take place from the womb in a healthy woman usually about every lunar month, except during pregnancy and lactation, when it is as a rule suspended. The periods usually recur every twenty-eight days, some-

times with such regularity that a woman can foretell almost to an hour the time when she will be "unwell." Variations, however, from this rule are numerous. It is quite within the limits of health, and by no means uncommon, for the periods to appear every twentieth day, or even with less interval; while in other cases, as much as six weeks may intervene between them. The time of recurrence may vary also, in the same individual sometimes twenty-eight days, and at other times, twice that time intervening, and yet without any impairment of health whatever. The chief departures from the ordinary course are in the direction of suppression of the menses (*amenorrhœa*), excessive flux (*menorrhagia*), and painful menstruation (*dysmenorrhœa*).

In the first case, where the menses cease suddenly, or do not occur, a good deal may be done to afford relief and re-establish the natural flux. Although no flow from the womb may occur, the usual symptoms of malaise, pain in the loins and thighs, flushings, &c., will be noticed to come on at stated

intervals, and a careful observance of the time when these symptoms may be expected, will enable you to adopt certain simple means of affording relief, prior to their advent. During the intervals tonics of iron and quinine (p. 225) should be taken, constipation must be corrected, carriage exercise in the open air should be taken every day; but any undue fatigue, as by walking long distances, must be avoided, also exposure to cold or wet. Let the diet be light and nutritious, observe regular hours, and take cold shower baths. About a week before the time when the general symptoms denoting the advent of the period are expected, take a hot sitz-bath (p. 309) every day—when the periods come on mustard may be added to it—and every other day, take (5 to 8 grains) of aloes pill; rubbing the thighs with turpentine or stimulating liniments is very beneficial, as also placing the feet in hot mustard-and-water. As the regular habits and tonics improve the general health, these measures will generally be successful in restoring the menstrual flux; but the hot sitz-baths, aloes pill, and stimulating

liniments, must not be persisted in for more than a short time before and after the period is expected; if unsuccessful, the tonics and general regimen must be continued, but the use of these other measures must be suspended until the time when the next period is expected. In all cases you ought to consult a medical man as soon as possible.

Cases of excessive flux are more common in tropical than in temperate climates. It may also be brought on by rich diet, luxurious living, a sedentary and inactive life, displacement of the womb, or laxity of the womb from frequent child-bearing, constipation, and *tight lacing*. If there is much general debility, take tonics regularly, and resort to all the various means for improving the general health. Take a dose (ten grains) of colocynth pill, and follow it with a brisk saline aperient, inject cold water, or an astringent lotion, composed of half an ounce of the tincture of the perchloride of iron, to about ten ounces of infusion of quassia. Obtain medical advice as soon as you can. In those cases, in which, for a few days

preceding the period, the individual experiences tenderness or soreness over the abdomen, with sharp darting pains like those of colic, together with sickness and sometimes diarrhœa, but little can be done by the patient herself, and medical aid should be obtained, more especially as these cases generally occur in women of a highly excitable nervous temperament, and are often associated with hysteria. The chief measures that will afford relief are hot baths, warm damp flannels with a few drops of laudanum sprinkled over them, applied to the lower part of the abdomen, careful attention to the condition of the digestive organs and to the general health. Some women suffer more or less frequently from a discharge of a milky or glairy fluid, this condition is known as the "whites." Thorough cleanliness, the use of the hip-bath, with saline aperients, and the injection first of warm water, and then of some mild astringent lotion, such as may be made by adding twenty grains of sulphate of zinc to a pint or two of water, are the best means of combating this unpleasant condition. Cleanli-

ness is a preventive of many evils, and every woman should not only sponge the whole surface of the body, but, she should bear in mind, that the sitz-bath, or the bidet, every morning is absolutely essential to her comfort and well-being. The sitz-bath can be procured from an ironmonger, and the bidet from a cabinet-maker. There is no need to stay long in the bath, a few seconds will suffice, and tepid water may be used in cold weather, or by those who are chilly after using cold water; though cold water, as being more strengthening, is far preferable if it can be borne.

Hysteria.—This terrible affliction, is in many cases associated with irregular menses, and other functional derangements of a very obscure character, in others it is due to debility and to impaired nutritive changes in the system, while, in a third class, it is the result partly of errors in the mode of life, and, to some extent, to an absence of self-control. In all cases of hysteria medical advice should be sought as soon as possible.

A careful investigation of all the circum-

stances that tend to the development of the hysterical state, has caused scientific men to come to the conclusion that a woman who suffers from this complaint is more to be commiserated than blamed.

It is scarcely just, to hold a woman responsible for becoming the subject of hysterical fits, which are due to functional derangements, to debility, or to impairment of the general nutritive changes of the body; while, in those cases which are due to a lack of self-control, the condition generally begins very early in life, and it is the *parents* and *friends*, who ought to be held responsible, rather than the individual herself.

While however, we would endeavour to strike a new chord in the treatment of hysterical patients, and rescue them, if possible, from the harsh and unreasonable treatment to which they are sometimes exposed; we wish it to be clearly understood, that we would not apply these reservations to those cases of loss of control over the nervous system, which are brought about by the undue use of alcohol, or

the continued use of chloral or other drugs. Such cases are generally regarded as being simply hysterical, but, unfortunately, they are even *more* hopeless, and depend on far graver conditions than do cases of hysteria. The culpability of those who have brought themselves into this state is apparent to every right-minded person, and were it not for the trouble and sorrow these people cause their friends and relatives, the sufferings they experience might justly be regarded as a well-merited punishment.

With regard to the treatment of those forms of hysteria which are due to functional derangements, &c., we can say but little here; such cases ought at once to be placed in the hands of a medical man, and they require a long course of careful and thoughtful treatment. We would refer those who are interested in this subject, to some excellent remarks, made before the British Medical Association, by Dr. W. S. Playfair, Professor of Obstetric Medicine at King's College ("British Medical Journal," August 19th, 1882); and, also, to Dr. Playfair's

articles on this subject in the "Lancet" of May, June, and November of 1881. In these articles, what is know as Dr. Weir Mitchell's systematic treatment of hysteria, is fully set forth; and the successful results which attended it, lead us to hope, that quite a new era has opened up, in the treatment of the more aggravated forms of this complaint.

We will now, as briefly as may be, describe those cases of what we are almost tempted to call preventible hysteria, and which occur for the most part in young women of nervous, excitable, and often very selfish dispositions; who have not learnt the habit of controlling their feelings in the presence of others, and for the sake of others.

The individual, in question, will startle those around her, by jumping up suddenly and declaring that she sees some strange sight, or hears some strange sound. She becomes greatly agitated, and falls down; the trunk and limbs are thrown into convulsive movements; she struggles violently, like a person contending; rises into a sitting posture, and

then throws herself back again; forcibly retracts and extends her legs, and continues tapping her heels on the ground, while her body is twisted from side to side; and so powerful are these muscular contortions, that it is often all that three or four strong persons can do to restrain a slight girl, and prevent her from injuring herself or others.

The head is generally thrown backwards, and the throat projects; the face is flushed and the eye-lids are closed and tremulous, the nostrils are distended, and the jaws often firmly closed; but there is no *distortion* of the countenance—the cheeks are at rest, unless when, as often happens, the patient is uttering screams or exclamations. If the hands are left at liberty she will often strike her breast repeatedly, or carry her hand to her throat as if to remove some oppression there. The breathing is generally deep, labouring and irregular, and there is violent palpitation of the heart. After a short time the violent agitation is calmed, and the patient lies panting and trembling, and starting at the slightest

noise or the gentlest touch; sometimes she remains motionless, during the remissions, with a fixed eye, till all at once the convulsive movements are renewed. This alternation of spasm and quiet will go on for a space of time that varies greatly in different cases; the attack frequently terminating in an explosion of tears and sobs and convulsive laughter.

In another variety of this form of hysteria, the patient sinks down insensible and without convulsions, the breathing being slow and interrupted and the face flushed; from that condition she recovers depressed in spirits, fatigued and crying.

Now let us see how the paroxysm of hysteria differs from that of an epileptic fit, with which it might be confounded. In the epileptic fit, a frothy foam often escapes from the mouth, there is great distortion of the face, and the complexion is of a leaden hue; in hysteria, on the other hand, the cheeks are flushed, but at rest, and the countenance is not distorted. Many of the details of this description, as also some of the suggestions we now put forward,

are from the skilful pen of the late Sir Thomas Watson, Bart., one of the consulting physicians of King's College Hospital, by whose death the medical profession, and the general public, have both recently sustained a serious loss.

We would willingly have spared ourselves the necessity of depicting these painful details, were it not for the fact that this book is intended for the use of those who dwell in remote parts, and who may be removed by many, many miles from the nearest medical man.

In such cases, the friends of the patient, especially if they had not before seen a typical hysterical paroxysm, would be caused much unnecessary alarm and anxiety, and would be in the greatest doubt as to what course they ought to pursue; and they would, in all probability, fall into the common error of "making a fuss" with a person who had an hysterical paroxysm, thereby causing the continuance of the fit, and ensuring its recurrence within a short space of time. You must remember that we are now only speaking of that form of paroxysm, the

occurrence of which the mother or friends had no reasonable reason to expect. For, had there been any previous indications of hysteria, or any functional derangement which would be likely to produce the same, a judicious mother would have placed the patient in the hands of a medical man, and by doing so would have, to a great extent, removed the responsibility from her shoulders.

When a paroxysm comes on, your first endeavour should be to prevent the patient injuring herself during the convulsive movements; for this purpose it may be necessary to confine the hands and arms, and to place a handkerchief or towel between the teeth, next loosen the dress, and then direct your attention to putting an end to the fit. Apply ammonia or smelling-salts to her nose, and let her have a good dose of it; if she be able to swallow, take a wine-glass, measure into it two table-spoonfuls of castor oil, to this add five to ten *drops* of oil of turpentine, and administer at once; but the best remedy of all, is *cold water*; this, freely sprinkled with the fingers,

or, if necessary, dashed with some violence over the face and chest, will generally very speedily put an end to the paroxysms.

During the time you are taking these measures to put an end to the fit, do not let the least expression of sympathy escape you; exhibit no undue haste or anxiety in your movements, but quietly, firmly, and methodically carry out, in the sight of the patient, the measures we have suggested for her relief. The fit once over, unless the patient is evidently too exhausted, and you must take care not to be deceived in this respect, you should direct her to change her clothing, remind her of any domestic duty she may have neglected to perform, and let her take her meals with the rest of the family, or go without; let no sign of sympathy, much less of merriment or passion escape you, but assume the most passive demeanour and utter indifference. Any female friend who "cannot bear" to act in this way, and much worse, anyone who is inclined to fits of nervous excitability herself, will only be performing an act of wisdom towards herself,

and of kindness to the patient, by keeping out of the way; her presence at such a time can do no possible good, and there is every probability of herself becoming the subject of a like attack; and this is especially pointed out by Sir Thomas Watson, who says: "Of all the spasmodic affections, hysteria is that which is most readily propagable by what may be called moral contagion. When, in a large ward, one girl goes off in a fit, half-a-dozen others perhaps will experience a strong inclination to follow her example. But this chorus, as it were, of hysteria, is much more common in some wards than in others. A stern nurse, or a general order that cold effusion should at once be employed in every instance of a hysterical fit, will keep the complaint wonderfully in check; while, on the other hand, any manifestation of sympathy has a most striking effect in encouraging the paroxysms. These facts show that the symptoms are, to a certain degree, under the patient's control. The fits are not wholly wilful, neither are they wholly irrepressible."

"Recovery from the perverse shapes of hysterical disorder is often hindered by the natural mistake to which I have just alluded. The assiduous tenderness of domestic friends serves only to keep up and quicken that absorbing self-idolatry, that craving for attention and interest which is so constant and striking a feature of the malady. You will have frequent occasion to remonstrate—and you will too often remonstrate with incredulous hearers—against this misplaced and mischievous exhibition of sympathy. On the other hand, the patient may be helped out of her exacting and selfish humour, by an assumed but friendly indifference of manner in those about her; by what she will call 'cruel neglect.'"

The principal treatment during the intervals between the paroxysms, consists in the use of simple tonics (p. 225), being careful to avoid constipation by the use of aperients, especially pill of aloes. Exercise both on foot and horseback, though care must be taken to avoid undue fatigue; the daily use of the shower-bath, regular hours both in going to bed and

in getting up, and plenty of healthy mental occupation. The habit which elderly people are often inclined to indulge in, of telling foolish ghost stories, or of relating mysterious occurrences in the presence of delicate and nervous young girls, ought to be avoided.

The disposition to the form of hysteria we are now speaking of is more readily prevented than cured. Parents do not foresee the misery they are laying up for their daughters in allowing them to lead artificial, sensational lives, and in neglecting to correct in them, when young, any tendency there may be to petulant outbursts of selfish nervousness. Writing many years ago, Sir Benjamin Brodie made the following remarks on hysteria: "You can render (he says) no more essential service to the more affluent classes of society, than by availing yourselves of every opportunity of explaining to those among them who are parents, how much the ordinary system of education tends to engender the disposition to these diseases among their female children. If you would go further, so as to make them

understand in what their error consists, what they ought to do, and what they ought to leave undone, you need only point out the difference between the plans usually pursued in the bringing up of the two sexes. The boys are sent at an early age to school, where a large portion of their time is passed in taking exercise in the open air; while their sisters are confined to heated rooms, taking little exercise out of doors, and often none at all, except in a carriage.

"Then, for the most part, these latter spend much more of their time in actual study than the former. The mind is over-educated at the expense of the physical structure, and, after all, with little advantage to the mind itself; for who can doubt that the principal object of this part of education ought to be, not so much to fill the mind with knowledge, as to train it to a right exercise of its intellectual and moral faculties; or that, other things being the same, this is more easily accomplished in those whose animal functions are preserved in a healthy state, than it is in others?"

Trusting that these words of wisdom we have just quoted may carry due weight and bear good fruit, we will now leave this subject.

On Nursing and the Care of the Sick.—Have any of our readers ever been laid up for weeks with any serious illness ? if so, they will readily appreciate the importance of good nursing ; and, those, who, like ourselves, can look back on weeks of illness, spent in distant lands, far away from home comforts, the conveniences of civilization, and the kindness and sympathy of friends, can especially understand what is meant by the phrase, *a good nurse.*

It should be the ambition of every woman to be a good nurse. There are few families where the daughters receive that training in nursing they ought to have. Everything is put off until the evil hour of sickness, and, when it comes, the result is, ignorance and inefficiency. At such a time, what would not a mother, or a wife, or a sister give, to be able to relieve the patient's suffering; she would almost feel inclined to barter away the attainments which seemed so valuable in the hour of health, in

exchange for the possession of sufficient clinical knowledge to enable her to anticipate and administer to the sufferer's wants.

Those who "sit at home at ease" surrounded by the "resources of civilization," will think it is easy enough to "call in" a professional nurse. It is true; you can often purchase such professional assistance, you can pay much money for experience, attention, and accuracy, but, you *cannot* buy affection. If every man is to be the ruler of his own household, let every woman be the nurse of the same.

Only those who know what sickness is, can tell how much the bitterness of suffering may be mitigated, by having one's wishes anticipated, and one's wants supplied, without the necessity of asking; and this is especially the case, when these little deeds of care and forethought are performed, not with the mechanical regularity of machinery, or as the result of official routine, but as the outcome of an *intellectual sympathy*. Imagine, also, should the sickness end fatally, what a comfort it will be to you to remember that your own hands ad-

ministered to the sufferer's wants, and, you will recall to mind, how, in some lucid moment, when you were attending to, what might seem to you a trivial detail, the sufferer's eyes met yours, and you could learn from that look, more than though words had passed between you, that the patient experienced a sense of calm comfort, which did much to lessen the sting of physical suffering.

While we have dwelt thus fully on the fact that it is the imperative duty of every woman to try and be a good nurse; we would not, for a moment, wish it to be thought that we lightly esteem those excellent women who devote their lives to the art of nursing. The presence of an experienced nurse is always a comfort to both patient and friends, and she will be able to do much to lighten the burden of the near relative who is in close attendance upon the case, enabling her to take necessary rest, so that she will be able, when she returns to the sick-room, to *assume*, for we well know that is often all she can do, a hopeful manner and a bright and cheerful appearance. Only, remem-

ber, that in domestic sickness at least, the hired nurse is there to supplement, and not to supplant you in your attention to the patient.

We can truthfully say that we have seen many cases both in public and private, recover, which, humanly speaking could not possibly have done so, if it had not been for the eminent skill and patient attention of the nurse or sister in charge.

Unfortunately, at the present time, the services of sisters and nurses do not seem to be sufficiently appreciated by the public; that is by the *healthy public*; but let not sisters and nurses, or those who espouse their cause, be disheartened, for, the *sick public* do value them very highly, and, when some poor sister or nurse passes away, though, in her life-time she may seem to have performed a thankless office, there will be many who will call to mind her loving attention and thoughtful kindness during some time of sickness, and who will unite together to weave a garland of sorrow for her humble grave.

The limits of this work will not allow us to

give anything like a complete description of a nurse's duty; but we will now briefly indicate a few of the principal points to be observed in attending upon the sick.

Selection of the Sick-room.—The first point which should engage your attention in making preparation for attending to any case of sickness that is likely to last a long time, is, the selection of a suitable room for the reception of the patient.

A great want of forethought is often shown in this particular; some member of a family falls ill, and is allowed to occupy his or her usual room, until, at last, it only becomes too evident that some other room would have far better suited the requirements of the case; and then, probably, the patient is too ill, or too weak to bear removal. When you are fortunate enough to have medical advice at the commencement of the illness, you will be saved any further trouble, as the doctor will be able to advise you in this matter. In some instances, however, it will happen that it may be some days before medical aid can be

obtained; and, in such a case, you will have the responsibility of deciding which room the patient shall occupy. In coming to a decision, you should be guided by the following general considerations.

The room should, as far as possible, be removed from the noise produced by the daily work of the house; if the house is more than one story high, the highest room, provided it fulfils other requirements, should be selected; for, should the case turn out to be an infectious one, an up-stairs room can be so much more easily isolated, (only those in attendance upon the case being permitted to go up-stairs) than a room which is situated in the lower part of the house, the door of which has to be constantly passed, and re-passed, by the other occupants. In houses in which the rooms are all on one floor, you must select a room which can be readily isolated from the rest of the house, should the necessity for such a measure arise.

Having settled in your own mind the part of the house in which the room shall be, you

should now see if it is suitable in other respects. The question of ventilation should occupy your attention. It is desirable that the room should have more than one window, but it is equally desirable that they should not be *opposite* each other; a room with a fire-place is to be preferred. If there is a dressing or ante-room, leading into the one to be occupied by the patient, you will find it a great convenience, for the purpose of keeping changes of linen, clean towels, glasses, cups, spoons and other requisites that may be wanted at a moment's notice; moreover, anything that might be removed from the sick room, could at once be disinfected, prior to its final removal, and that too without attracting the patient's attention.

The room should be cheerful, lofty (10 or 12 feet) and light, and, if possible, should be provided with venetian blinds, as these blinds enable you to regulate the entrance of both light and air more readily. Supposing it to fulfil the other requirements, a room from the windows of which a "good view" can be obtained is a great desideratum. For, as the

patient gains strength, it will be a great comfort to her (properly wrapped up) to "get a breath of fresh air," and look out on the country round, without the fatigue of being removed from one room to another. If punkahs are used in the room, you must be sure that they work easily and without noise.

Having made your choice you should now direct your attention to the *general arrangement of the sick room.* In the first place, you should remember that there is nothing worse than to have a room *stuffy*; it is bad enough when healthy people have to sit in such a room, but, to a sick person, a stuffy room is simply intolerable. We shall have occasion to refer to this again in speaking of ventilation, only we would now remark, that this sense of *stuffiness* is often due to the fact, that the room is "crowded up" with too much furniture and drapery. You should therefore be careful to remove all unnecessary furniture, or heavy hangings, thick curtains, large pictures, &c., before you place the patient in the room. In infectious cases, carpets, bed and other hang-

ings, and all articles of clothing hanging up in the room, or in wardrobes or cupboards, must be removed.

At first sight, it might seem distressing to the patient to remove her from the room she is accustomed to occupy, but a patient will far sooner get accustomed to a strange room, than to a room which has been disturbed by the removal of the articles we have mentioned, and in which she will feel infinitely more strange, because she will keep noticing the absence of some familiar object.

The next point to attract your attention, should be the *patient's bed.* In the tropics, pillows and mattresses must not be of too soft material, or, the patient sinking into them, will be kept in a constant bath of perspiration. If you have a fixed establishment, you should have one or two spring mattresses in the house or better, even than these, are the wire mattresses, which are both cool and comfortable and excellently adapted for tropical use; a good firm wool mattress, should be placed over the wire one. The bed should move on castors,

so that it may be easily moved from one part of the room to another, and it must be without curtains.

The position of the bed is a point of no slight importance; it must be so placed that the attendants can get easy access to either side of it, and it should not, as a rule, be placed so that the patient will directly *face* the light; if possible, it should be so placed that the light may fall on it "sideways," for, if placed so that the light enters from behind the patient, the lack of sufficient light, will often cause both doctor and nurses considerable inconvenience. Be careful, also, to put the bed in such a position, that the patient's head may not be in the way of any direct current of air, either from the doors or windows. The legs of the bedstead should be placed in little tins of water to keep off ants (p. 153). To obviate the necessity of lifting the bed each time you wish to move it, as you would have to do if such tins were used, the castors should be taken off the bed, and fixed to four blocks of wood, of sufficient depth to allow of a small tin being let into them, in

which the legs of the bed may be placed; provided the holes in the blocks are sufficiently deep, and not *too large*, the bed may then be as easily moved as it would be if it was standing on the floor. A solution of Condy's fluid should be placed in the tins instead of plain water.

The all-important question of *ventilation* should now be attended to. The temperature will, in most cases, be too high to permit of a fire being kept burning in the sick room, though, when practicable a fire should be kept up as it greatly assists ventilation. When there is no fire, take care that the fire-place is clear, and that the chimney is not stopped up with a chimney board.

It is essential that there should always be a thorough interchange between the external and internal air, but this is of tenfold importance in a room which is to be occupied by a sick person. The vitiated air tends to collect at the top of the room, and, therefore, you should always keep the window open at the top. In tropical countries, except at certain seasons of the year, the windows may generally

be thrown wide open during the day, but, at night, when the temperature suddenly falls, care must be taken not to expose the patient to a draught. If the windows are fitted with venetian blinds, you can easily admit sufficient air without causing a draught, by simply turning the lathes towards the ceiling. Chicks or fine bamboo blinds (p. 184) are also very useful for this purpose.

The air should be kept in motion by the use of fans and punkahs, so as to ensure the admixture of the pure air from outside with the impure air inside the room. Provided the patient is not in a draught, there should always be a perceptible current of air in the sick room. The most poisonous cases may as a rule be safely nursed, if there is a constant supply of fresh air circulating, not only in the sick room, but throughout the whole dwelling.

While on this point we may mention, that, though non-odorous growing plants may be allowed in the room, flowers, especially those which have a strong scent, must be rigidly excluded. Of course, there is no harm in allowing

the patient the pleasurable sight of a nicely arranged bouquet, but, it should not be allowed to remain in the room for more than two or three hours, and certainly not all night. The temperature of the sick room should range from 55° to 65° or 70°, and it should be kept as equable as possible. In the tropics, the difficulty will be to keep the temperature down to this level.

So far, we have been dealing with those points which would engage your attention before the patient is brought into the room, and you should personally ascertain these arrangements have been made, as it is most worrying to the patient to see any bustle going on in the room, and, should your arrangements not be complete, the patient is almost sure to object to any changes you may afterwards desire to make.

You must take upon your own shoulders the responsibility of arranging the ventilation and temperature of the room; and don't be constantly worrying the patient by asking her if she "feels too much draught," or if the "room

is too hot." These points you must decide for yourself; for, if the patient once gets the idea that you are undecided in what you do, she will feel, that in some way, the duty of looking after such things falls on herself, and, she will be constantly giving directions, which you will be unable to carry out, but, the non-fulfilment of which will cause her much disturbance of mind. You may feel sure that it is better for all concerned, and an act of true kindness to the patient, to take upon yourself the arrangement of such details, *always being sure, of course, that what you do is in strict accordance with the instructions of the medical man who is attending the case.*

It is very natural, and the outcome, no doubt, of the solicitude they feel on her behalf, but, many women have a habit of constantly plying the patient with questions as to whether her "head is high enough," or if her bed "feels comfortable," and a thousand other queries, kind enough in themselves, but exceedingly irritating and annoying to the patient; and, as nearly all such inquiries will

meet with a reply which is the very reverse of what you wish and expect, you will, if you are of a sensitive disposition, get very miserable, and feel that everything you do is wrong, and, if inclined to be short-tempered, you will get very irritable ; in either case, you will become daily less fitted to nurse the patient through his or her illness. Resist, then, the very natural temptation to ask such questions, for, after all, the end sought is rather a selfish one —that is, you would like to know if your exertions are causing relief, and if they are recognised by, and meet with a response in the patient's mind. Be firm, exercise sound practical sense, and you will find things will go on all the better. It is a comfort to the patient to feel that she is, so to speak, *in strong hands*, that all that is necessary will be done for her, and that she need not trouble herself about anything.

Sometimes, the patient will ask you to do all manner of things which would be very injurious, she may want you to shut the window when it ought to be open, or *vice versâ*. By

rearranging the venetians, or practising some other slight ruse, you can generally lead the patient to suppose that her wishes have been complied with, and so calm her mind, while, as matter of fact, things remain practically as they were. At other times it may be necessary, firmly but kindly, to tell her that to do what she wishes would be bad for her, and therefore you cannot comply with her request. Nevertheless, you will understand, that any reasonable wish which the patient may express, the satisfaction of which would not be detrimental to her, should at once be satisfied.

After the patient has been moved into the room now ready for her reception, you should regulate the amount of light in such a way as to cause the least distress. In doing this you may be guided by the feelings of the patient. In acute affections, very few can tolerate a strong light, and in affections of the eye or brain, the room may have to be almost completely darkened. In many chronic cases, on the other hand, the patient will derive both benefit and comfort from the free admittance

of light into the room. A little practice will soon enable you to acquire the somewhat difficult *art of keeping the room quiet and with a subdued light without making it gloomy.*

Anything you may have to say to the patient, or any conversation carried on in the room, must be spoken in an audible tone, so that all that is said may be heard distinctly by the patient; anything you may have to say which is not intended for her ears must be said in another room. The habit of carrying on conversation in an undertone in a sick room is very reprehensible; nothing is more calculated to irritate and alarm the patient. Do not let any mystery pervade your manner when in the room; sit in such a part that the patient can see you and understand exactly what you are doing, and be careful not to allow her to be distracted by the presence of visitors.

The personal hygiene of the patient is a matter of great importance. You should change both bed and body linen as frequently as may be, without unduly fatiguing the patient. When she is too ill to be moved

from the bed to a couch, until the bed has been thoroughly aired, it is a good plan to have another bed in the room, which may be placed beside the one occupied by the sick person, who can then be gently moved into it, and the bed previously occupied can then be aired and cleansed.

In making a patient's bed, carefully turn and smooth out the mattress, so that there may be no "rucks"; let the sheet be well tucked under, that the patient may be spared the misery of a loose sheet; do not place the head too high, unless the nature of the malady requires it, and be careful not to allow the counterpane to touch the ground. In some cases, however, the patient will be too ill to be shifted in this way; you must then adopt the following plan:—Remove the counterpane, blanket, and top sheet, having previously swathed the patient in a blanket; then turn her on her side, with her back towards you, and roll up the bottom sheet until you reach the patient's back; now take the clean sheet which is to be substituted, roll it up in a

similar manner to half its width, and, placing the roll thus formed by the side of the rolled up soiled sheet, close to the patient's back, turn her gently over, with her face towards you, and she will now rest on the portion of the clean sheet which was not rolled up; the soiled sheet may now be removed, and the remaining half of the clean sheet being unrolled, may be finally adjusted, and the bed re-made.

If the patient is not too weak to bear it, she will obtain great comfort from having the hair brushed, and the mouth and teeth cleansed. It is an excellent plan, when the mouth is foul, to let her rinse it out now and again with a solution of about half a teaspoonful of Condy to a tumblerful of water. You should take frequent opportunities of sponging the surface of the body with tepid water, to which a little Condy has been added. If possible, the whole surface should be sponged daily, one portion being done at night and another in the morning.

When a tepid bath is ordered, you may consider that the temperature of it should

be about 85°, a warm bath about 90°, and a hot bath about 105°: if possible, there should always be a bath in the sick room. On no account should you trust to the hand to estimate the warmth of a bath, but you should always have a thermometer near for the purpose. A piece of mackintosh should be placed beneath the bottom sheet to protect the mattress; it is a good plan to have the bed further protected with a *draw* sheet, which can be readily removed, and another substituted.

No sick room should be without a screen, both as means of keeping off any draught from the patient, and for use when the individual requirements have to be attended to. Be very careful to attend to the patient's wants in this particular; much discomfort both to patient and nurse will be obviated, if the female slipper, and French bed-pan, be slipped under her from time to time. Such vessels should contain a little Condy's fluid or carbolic acid, and should be furnished with a cover, which must be at once replaced when the vessel

is taken from the patient, and, a clean towel should be at hand to throw over all, before removing it finally from the bedside; a further quantity of carbolic acid must subsequently be added. These vessels must not be kept under the bed. Every housewife should be provided with such necessary articles, and be duly cognisant as to the proper mode of using them. Any difficulty the patient may have in performing the natural functions, should be at once made known to the doctor. If you are unfortunately without a doctor, or if it will be a long time before one arrives, you will find that placing the patient in a warm bath will afford great relief, and will often, alone, be sufficient to restore the natural functions.

All your care and ingenuity, will often be called into play, in the endeavour to prevent the occurrence of bed-sores. Sponging the body daily, and dusting it over with fuller's-earth, is a great preventive; a spirit lotion of equal parts of spirits-of-wine and water, or brandy and water, will be found to have a very

beneficial effect, by hardening the skin; an excellent lotion for this purpose is one composed of two grains of perchloride of mercury, an ounce of spirits-of-wine and about six ounces of water. Protect any part where a bed-sore seems likely to form with strips of sticking-plaister evenly applied; and apply a pad, in the form of a ring, so that the tender part may not be compressed. Any prominencies such as the heels, shoulder-blades, &c., must be carefully protected by means of a ring pad, and you must be careful to change the position of the patient from time to time.

When bed-sores have formed, they should be dressed with the old-fashioned Friar's balsam, or with the red oxide of mercury ointment, or covered with strips of plaister, if they require stimulating; at other times simple ointment or carbolic lotion may be used; if the patient is not already on a water-bed she should at once be placed on one, and, if possible, in such a position that the pressure is taken off the broken place.

In the tropics, an irritable condition of the

skin, like moist eczema, is often set up: thorough cleanliness, and a firm mattress are the best preventives. The most efficient local applications, are powdered oxide of zinc, olive oil and glycerine, or zinc ointment; you will find, that more good will be derived from frequently changing the local applications, than by persisting in the long-continued use of any one remedy.

You must pay great attention to the arrangement of medicines and other remedies. All drugs intended for *external* use should be regarded *as poisons, and put in a separate place to the medicine which is to be given internally.* It is no uncommon thing to see carbolic-acid in an ordinary bottle, this should on no account be permitted, the acid must be kept in a grooved poison-bottle, and placed with the drugs used for external application only. Notwithstanding these precautions, you must make it a rule, *never to administer a medicine without first reading the label.*

Regularity in the administration of medicines is of the first importance, and, when

a new medicine is ordered, you should be careful to understand *from the doctor*, both how, and when, it is to be administered, and in what quantity. Some medicines have to be given on an empty stomach, others on a full one, and this point you must ascertain. Castor-oil is best retained, if given in the early morning before food has been taken, while codliver-oil and iron, are generally borne better, if given on a full stomach. Glasses and spoons, in which medicine has been administered, must be kept carefully washed.

In the use of stimulants, you must be careful, also, to follow out the doctor's instructions; you should ascertain whether it is necessary to rouse the patient for the purpose of giving them or not. In some cases, much harm is done, by needlessly rousing the patient, when she has fallen into a quiet sleep, for the purpose of giving a dose of brandy; on the other hand, the patient may tend to pass into a state of stupor, and it may be absolutely necessary to administer the stimulant at all costs.

There is a form of medicine (an enema)

which is often used, but few, unless they are professional nurses, know how to administer it; but, as the life of a patient may depend on its skilful administration we must mention it here. Proper instruments are made for the purpose of giving enemata. Every housewife should be provided with such an instrument, and thoroughly understand how it is to be used.

A simple enema is a pint or more of warm water or soap and water. Or half-an-ounce (one tablespoonful) of castor-oil to an ounce-and-a-half of gruel. To produce the desired effect a sufficient amount of fluid must be used, often as much as two, three, or four pints is required, the enema in many instances failing in its object on account of its not being copious enough. The patient should be placed on her *left* side, and the enema slowly pumped into the rectum. In using nutrient enemata, the enema must not be too copious, and the instrument must be introduced very gently, or, the irritation produced, will cause the expulsion of the enema; the same result will follow, if the nutrient material is injected too violently. Oil well the

nozzle of the enema syringe, and pass some warm water through it, prior to using, so as to expel any air that may be in it. False delicacy on this subject cannot be condemned too much. We have seen lives saved, through the judicious employment of nutrient enemata, and, one lad the subject of low fever, who could retain no food in the stomach, not only lived, but improved on nutrient enemata for four weeks, when he made a complete recovery. On the other hand, we have seen more than one case, which might have been saved, if nutrient enemata had been employed. The reason they appear to fail, is, because, they are not, as a rule, resorted to, until the patient is at the point of death. We subjoin a simple nutrient enema : two eggs, four ounces of beef-tea, four ounces of port wine, or two of brandy, with water thickened with a little arrowroot. The temperature of the enemata should be about the temperature of the body (98° to 100°).

Taking a Patient's Temperature. — You should always be provided with a good thermometer, and you should ascertain that it has

been verified at Kew. Excellent thermometers and any other medical apparatus you may require, can be obtained of Messrs. Matthews, Portugal Street, or Messrs. Weiss & Son, Strand.

It is little use possessing a thermometer, unless you know how to use it; you should get the instrument-maker, or someone who thoroughly understands its use, to explain to you how the temperature is to be "*read off*"; the small lines between the larger ones (which mark the degrees), reckoning as fifths or tenths of a degree, must be carefully noted.

The best way of taking the temperature, is to place the thermometer in the arm-pit, taking care, that the bulb containing the quicksilver is thoroughly surrounded by the flesh, then draw the patient's arm across the chest; the thermometer must be left in position for ten minutes. The temperature should be taken before 9 o'clock in the morning, and before the patient has had her bath; and, in the evening, between 5 and 6. The normal temperature of the body ranges from 98·5 to 99. Sometimes,

the temperature may rise to 100°, without any marked disturbance of health, but, a temperature which remains at 100° with *an upward tendency*, must be regarded as an indication, that there is something wrong. You should be careful to make a note of the temperature when you have taken it, or it is very liable to escape your mind.

Serving the Patient's Food.—There are few ways in which a woman can exhibit her skill and good sense, more than in the preparation of food for the sick.

First and Foremost, bear in mind, that, as in the case of ventilation and the regulation of the temperature of a sick room, it is much the best for you, in all important particulars at least, to keep the regulation of the patient's diet entirely in your own hands. As a rule, it is best not to ask the patient "what she would like," as she would probably ask for something which could not be procured, or which would be injurious to her; in either case, you would have to refuse her request, and this would lead to disappointment and,

probably, a disgust for other food, for, in illness the appetite is often very capricious. Milk contains an immense amount of nourishment, and it should form the staple article of food for the sick; those who cannot take milk alone, will take milk and soda-water with relish. Any other diet should be *plain*, well cooked, thoroughly good, and easily digestible. Fancy dishes are a mistake, as they often upset the patient's stomach, and contain far less nutrition than plain homely dishes.

The food should be served in an appetising, and *neat and natty manner*; do not put a large dishful before the patient, it is easy to provide more if it is wanted, and, if you set a large helping before a sick person, you will probably be met with the question, "What! have I got to eat all that?" and the result will be, that nothing will be eaten at all. In the case of food for the sick, "variety" is indeed "charming"; if you find that the patient likes any particular dish, do not give it her too often, or the stomach will tire of it, and she will refuse to take it, and, *above*

all, do not get into any routine in the way of giving the same dishes on certain days, if you can possibly help it; anything, however slight, which comes as a "surprise," is generally hailed with delight by the patient.

If you have a nurse, you must carefully watch the way in which she prepares the food and presents it to the patient; it is no uncommon thing, for a careless nurse to cool the food with her breath, or taste it with a spoon, then drop it into the food again, and present it to the patient; this would be quite sufficient to disgust any patient.

An article of diet, not known to many, is the dried bread-fruit. The natives of the South Sea Islands, dry and smoke the bread-fruit; it eats like a biscuit having a rather sweet taste; this, when steeped in milk, and a pinch of salt added, makes a highly nutritious and palatable article of diet. Many people can take it, when nothing else will agree with them.

As regards fruits, the juice of oranges, grapes or lemons is very "good for" the patient, but she should be careful not to swallow any skins

of fruits. Thirst may be relieved by toast and water, cold tea, barley-water, soda-water with a little lemon-juice, lemonade made with fresh lemons or tamarinds (p. 270) and a variety of other harmless drinks, the preparation of which is known to most good house-wives.

Infectious Cases.—In these cases, you must remember that a top room should be selected if possible, and no one, but those in actual attendance on the case, is to be allowed above the landing below the floor on which the patient's room is placed. Anyone who has to pass from the sick room to the lower part of the house, must carefully wash the hands in Condy or carbolic prior to doing so. When a top room cannot be selected, the patient must be isolated from the other members of the household as far as circumstances will allow. Keep a fire burning either in the patient's room, or in a room near at hand, on which any dressings, or rags, used for the patient are to be placed. Everything, except such furniture as is absolutely required, must be removed from the room, and the floor sprinkled daily

with carbolic acid, or sulphate of iron, or other disinfectant. Anything removed from the patient is to be received into vessels containing either of the above disinfecting agents, unless required for observation by the doctor, when a portion must be reserved, which must subsequently be disinfected before it is cast away. Carefully flush and disinfect all closets and drains.

The door of the sick room must be kept closed, and a sheet *kept* wet with carbolic acid or chloride of lime hung outside, so as to cover every portion. All cups, spoons, glasses, or anything whatever used in the patient's room, must be disinfected before they are removed from it. Have plenty of boiling water at hand, and be sure that all bed or body linen is steeped in a disinfecting solution (not chloride of lime, for it corrodes linen) for an hour or two, and then placed in boiling water, before being removed to another portion of the house. Keep the patient thoroughly clean, and if any scales form on the skin (as in the peeling stage of many fevers), smear the

surface of the body daily with glycerine or olive oil, or a mixture of the two. Always have a basin of water containing carbolic lotion ready, so that, any instruments may at once be dipped in it, or anyone handling the patient may wash his or her hands. Be careful not to inhale the patient's breath, and keep your mouth closed when you have occasion to examine her throat. Let the room be thoroughly ventilated and keep the chimney free.

After the sickness has terminated, cleanse and disinfect the sick room in the following way. Spread out and hang upon lines all articles of clothing or bedding; well close the fire-place, windows, and all openings; then take from a quarter to half a pound of brimstone, broken into small pieces, put it into an iron dish, supported over a pail of water, and set fire to it by putting some live coals upon it; then close the door, stopping all crevices, and allow the room to remain shut up for twenty-four hours. At the end of this time the room should be freely ventilated by opening doors, windows, and fire-place; the ceiling

should be white-washed and the paper stripped from the walls and burnt, and the furniture and all wood and painted work washed with soap and water containing a little chloride of lime. Beds, mattresses, and such-like articles which cannot be washed, should if possible, be submitted to a heat of from 210° to 250°, for two hours or more in a disinfecting chamber (Bristowe). The disinfectants commonly in use, are mentioned among the remedial agents (p. 371).

What will the Doctor want?—It is a good plan to ask yourself this question, for, in the first place, it will save time, and prevent disorder and confusion when the doctor pays his daily visit, and, it will teach you what are the points to which you ought to give more particular attention while you are nursing the case.

Do not get into the habit of "discussing the case" with others, or, with the patient, but do all you can to divert the patient's attention from herself and her troubles to other things. A good nurse will *observe much*, *think much*, and *say a little*.

You will do well to divide the above question into two parts, viz.—What will the doctor want to know? and what will he be likely to require? As regards the first question, the doctor will, probably, want to know what the patient's temperature was on the previous night, and on the morning of his visit; what was the amount and nature of the nourishment she took, and whether her stomach retained it. Whether she slept at all, and, if so, for how long. He will want to know if the natural functions have been performed, and, if so, how frequently; and in some cases it will be of the first moment for him to see what the patient has passed. You will be asked if the patient has complained of any pain, and, if so, the nature and seat of the pain. It is important to be able to say how much stimulant the patient is taking; it is useless to say she has taken "a little," or "good deal"; you must know exactly how much, *in ounces*. You may be asked if the patient is troubled with any cough, and if she expectorates much; should she have done so, the doctor will want

to see the sputa. You must be able to say if the patient has exhibited any signs of unconsciousness or of delirium; if so, what was the nature of the delirium—whether it was of a violent character, or of a low muttering kind, associated with picking of the bed-clothes, or attempts to get out of bed. Do not, for a moment, allow yourself to think that there is anything heartless in thus noting down on paper the observations you have made of the patient's condition; for, it will save a great deal of valuable time, and, you much pain and distress, if you can answer these questions without delay, and in a clear and intelligible manner; you must remember that the opinion the doctor will form of the case, will depend, to a great extent, on the nature and *accuracy* of the information he can obtain from you.

With regard to the second question, what the doctor will be likely to require, this will depend to a great extent on the nature of the case. Still, there are certain things you should always have at hand: plenty of hot and cold water, basins and sponges, clean towels, a hand

mirror—in case he wants to examine the back of the patient's throat—Condy's fluid and carbolic acid ; have the screen ready. In cases in which dressings are required, you should be careful to have the lotion or ointment, bandages, lint, &c. at hand.

The following suggestions may be of some use to you in your management of the sick :—

I. *How to move a Patient.*—In most cases, if the patient is an adult, two people will be required to move her. The patient should be directed, if she can do so, to put an arm round each person's neck, and they should then join hands under the patient about the middle of the back and beneath the thighs ; or, she may be lifted in a draw-sheet.

II. *How to hold a Light.*—The old saying "not fit to hold a candle," is often illustrated by some amateur nurse in the performance of this comparatively simple office. Unless the doctor gives you any special instruction as to the position in which you are to hold the light, you may take it, as a rule, that the best plan is to hold it in such a position

that *you* can see clearly all that is being done; you may be pretty sure, that, if *you* can see, the person who is operating, or attending to the patient, can see also.

We are acquainted with a very celebrated London surgeon, who ligatured one of the most important arteries in the body, at night-time, in a country village, with only a servant-girl to hold the light. Fortunately for the patient, the servant-girl was "fit to hold a light" to this great man, and the operation was skilfully and successfully performed. In holding a light, you must keep it steady; and, if it is a candle, you must take care that it is firmly fixed in the candle-stick, and does not wobble about, and, perhaps, drop out at the most critical moment. If you do not use the patent grooved candles, which will firmly fit into any candle-stick, you should not adopt the mistaken plan of winding a strip of paper round the bottom of the candle, with the view of fixing it, for it is sure to become loose and drop out sooner or later; but take a piece of paper about two inches square, and of sufficient

thickness, put it over the top of the candlestick, and, then, placing the candle on it, force it into the socket. By this means the candle will be held firmly, and no paper will project above the socket.

III. *How to apply hot flannels.*—Take a piece of an old blanket, double it in two, and turn down a broad hem at each end, take two smooth round pieces of wood and pass them through the hem at each end, plunge the flannel into *boiling* water for a minute or two, then let two people take hold of the pieces of wood at either end of the blanket, and twist them in reverse directions until all the water is expressed out of it, when it must at once be applied. Or, you may take the flannel out of the water, and place it in a large towel, and twist the towel until the flannel is wrung dry; this plan, however, takes longer, and is not so effectual as the former. The heat may be retained by folding a dry towel and placing it over the flannel. In some cases you may wish to apply hot *dry* flannels. This you can do by heating them before the fire, taking care to

turn them so as to expose both sides to the warmth, or by placing them in a hot oven.

When the fomentation is employed to relieve pain, twenty drops of laudanum or tincture of belladonna should be sprinkled on the moist flannel. When there is severe pain in the abdomen, a *turpentine stoup*, made by sprinkling thirty to sixty drops of turpentine on the flannel, is often very beneficial.

IV. *How to apply a Sling.*—Take a large silk or cotton handkerchief, place it round the arm, and *cross the ends of it* before you pass them round the neck, and fasten them behind; this will prevent the sling from slipping, as it is sure to do if you pass the ends round the neck without crossing them in front. You must pay due attention to the purpose for which the sling is applied. If used for a broken collar-bone, it must support the elbow; but, if used for a broken arm, or for any injury to the wrist or hand, it should *not* reach to the elbow, but that part should be the *lowest.* Such a sling, will sometimes be required for the purpose of supporting the breast; when

used for this purpose, fold the handkerchief crosswise or into three, and, be careful to *cross the ends* before passing them round the neck and fastening them at the back.

V. *How to make a Night-cap.*—Spread out a large square silk handkerchief, take hold of the two corners furthest from you, and turn or fold under some five or six inches. With the handkerchief in this position, take the right and left corners of the fold thus formed, and bring them downwards, forwards, and inwards, until they meet in the middle. The handkerchief now somewhat resembles a cocked hat. Now take the right and left-hand corners that are nearest you, and roll tightly in an upward direction, until the lower border of the fold that was originally turned under is reached. Raise the handkerchief without letting go your hold, and, drawing the cap thus formed over the head, tie the ends under the chin. This operation, which has taken so many lines to describe, may be done in less than half a minute.

VI. *How to prevent a calamity with Paraffin.*

—Where lamps are used, there is always the possibility of a lamp getting upset and the oil catching light. When such an accident occurs the natural mistake is often made of pouring water on the burning oil, and the result is that it runs on the surface of the water in all directions, setting fire on its way to everything that will burn. In every house where oil-lamps are used, a supply of *sand* should always be at hand; and, this, if cast on the burning oil, will have the effect of extinguishing the flames, and of preventing the oil from spreading over a larger surface. Sand, for this purpose, may easily be kept in boxes fitted up as ottomans and placed in convenient places about the house. When you have no sand, cast a woollen rug or blanket on the burning oil.

VII. *How to carry out correctly the doctor's instructions.*—Keep a note-book, and write down, *at once*, any directions he may give with reference to the management of the case you are nursing; and, *be quite sure*, that you understand not only, *what* he wishes you to do, but, *how* it is to be done.

VIII. *How to make and how to employ certain simple remedies.*

Bathing.—We have already spoken of the necessity of thorough cleanliness, as the most efficient means of keeping the skin in a healthy state. Bathing in cold water in the morning, is generally very invigorating; but you must be guided by its effects. If the cold bath produces a pleasant glow, it is a sign that it agrees with you. If, however, a sense of chilliness remains after its use, the bath should be taken tepid, instead of cold.

Different methods of applying Cold.—The application of cold is often called for in many local inflammations. Cold may be applied in the form of *dry* cold, *moist* cold, or by the irrigation method. By dry cold is understood ice applied to the part in a waterproof bag.

Moist cold may be applied in the form of strips of lint dipped in iced water, or in cold lotions such as Goulard water, or in an evaporating lotion (p. 256).

The irrigation method, consists in suspend-

ing a small pot or chattie over the part, and filling it with ice and water (or, when ice is not to be obtained, a small quantity of vinegar added to the water will render it more refreshing); strips of lint or linen are placed in the vessel, and allowed to hang over the side, so that they conduct a constant stream of water to the inflamed part.

Water-Dressing.—When this form of dressing is applied, a piece of oiled silk should be placed over the lint, and care must be taken that it extends beyond the lint all round, or evaporation will take place, and the lint will very soon become dry.

Iodine.—Tincture of iodine will be found of great use in many simple complaints. When you wish to obtain the action of iodine for some time on any part, say on a joint, such as the knee, you should paint one side of the joint only, the second application should be on the other side of the knee, the third above and the fourth below it; and by that time you will be able to come to where you started, and go round again if desired. In this way the pro-

longed action of iodine may be secured without any chance of producing blistering.

LINT.—In using lint you should never attempt to cut it, you will find it will tear better; all lint does not tear in the same direction, so if you find it will not tear readily lengthways you must try it in the reverse direction. This remark, of course, only applies to making strips of lint; when it has to be made into any particular size, or shape, scissors must necessarily be used.

When lint is applied to a wound or ulcer the smooth, *not the fluffy side*, should be placed next the raw surface. Any ointment must also be spread on the smooth surface, and do not spread it too thick. If you find, when using ointment, that the lint has any tendency to stick to the wound, you may easily obviate this by placing a second piece of lint, also spread with ointment, over the piece which is in contact with the raw surface. In using ointments, especially those of a stimulating nature, be careful to trim the lint to the exact size of the wound, for, if the ointment touches

the skin around the wound, it will cause it to become very irritable and tender.

When you have occasion to use more than one thickness of lint, *never fold the lint*, or, there will be a thick edge where it is doubled, which will give rise to a great deal of discomfort. Always apply the lint in separate pieces. In dressing a wound, bear in mind, that it is the *edge*, and not the general surface of the wound, which is the most tender part.

How to heat Sticking-plaister.—When you have to make use of sticking-plaister have a tall can, filled with boiling water (a coffee-pot, or brass tea-kettle would do as well), and, placing the side which is *not* sticky next the can containing the boiling-water, draw it, backwards and forwards, several times, until the covered (*i.e.* the sticky) side becomes soft and will adhere readily.

Poultices and Plaisters.—A poultice must not be too heavy or *too hot*. You may be guided by the patient's feelings in judging of the warmth of the poultice, as people vary so much

in the amount of heat they can bear. A piece of mackintosh, placed over the poultice, will keep it both warm and moist for a very long time; the mackintosh should only be used when the poultice is applied to the chest or to parts where there is no wound.

To make a *bread* poultice, take a piece of the crumb of stale bread, put it in a saucer or plate, pour *boiling* water on it, then, squeeze out the excess of water, spread it evenly over a piece of muslin, add a few drops of olive oil, or a small piece of lard, and then apply. In making a linseed-meal poultice, thoroughly rinse out a basin with *hot* water, then pour in some *boiling* water, add the linseed, and stir it up until it attains the consistency of porridge, spread it on a piece of linen, add a little olive oil, or lard, to prevent it sticking, when it is ready to be applied to the part affected.

Mustard Plaisters or Poultices may be mixed with hot or cold water, add a little flour, then, place a piece of muslin on the face of the poultice, and apply; the muslin prevents any particles of mustard from sticking to the skin,

and the poultice is quite as efficacious as though it was placed immediately next the skin.

If you wish to keep the poultice on for a long time, mix with the mustard, a half or a third of linseed-meal; if, on the other hand, you wish to have a particularly active application, you should mix the mustard with hot vinegar. On removing a mustard-plaister, you must immediately cover the portion of the skin, over which it was applied, with a piece of flannel, or with cotton wool. Mustard-leaves are an excellent substitute for the ordinary mustard-plaister.

An excellent mode of relieving the pain of muscular rheumatism or of lumbago, &c. is by means of *bran*, or, *salt* bags. The bran has simply to be placed in a flannel-bag and the bag then tightly sewn up, and heated by pouring hot water upon it; bags filled with salt, in a similar manner, and heated in an oven, retain the heat for a long time.

Emetics.—The simplest emetic is lukewarm water; two, or three tumblers of which will make most people sick in a very short time; or,

a small table-spoonful of ordinary table mustard, mixed with a little more than half a pint of warm water, will often act, when water alone has failed. The simplest and safest drug to use as an emetic, is ipecacuanha; 15 to 20 grains may be taken in a tumbler about three parts full of water; the person should then drink freely of warm water, and, in a very short space of time, the drug will operate effectually.

Freezing Mixtures.—A simple freezing mixture may be obtained by mixing equal parts of ammonium nitrate, and water. This will lower the temperature from 50° to —40° Fahr. Equal weights of nitre and sal ammoniac (chloride of ammonium), dissolved in their own weight of water, lowers the temperature from 50° to —10° Fahr. The temperature of the contents of a bottle may be considerably lowered by wrapping it in a moist cloth, or better in a flannel jacket moistened with water, and placing it in the sun; or, instead of this, take the bottle wrapped in the cloth by the neck, and whirl it round in the sun. Evaporation takes place and

heat is abstracted from the bottle and its contents.

Disinfectant Fluid.—About eight grains of permanganate of potash dissolved in an ounce of water, will make a preparation similar to Condy's fluid, and it may be used, when diluted, for the same purposes. It is much more convenient to carry the crystals, than to carry the bottles containing the disinfectant solutions.

Carbolic Acid.—A well-stoppered bottle of the crystals should always be taken. The crystals will liquefy when the temperature exceeds 60° Fahr. A small quantity will last a long time, as you only require to use it diluted in the proportion of 1 in 20, or 40 parts of water.

Messrs. Calvert & Co.'s No. 2 Carbolic Acid for external medicinal use (in crystals) is the best to take. When wanted for use, stand the bottle, up to the neck, in hot water, when the acid will readily liquefy, and the amount required can be measured out. It will solidify again on cooling. The following are the more

common disinfecting solutions:—Two pounds of sulphate of iron (green copperas), to a gallon of water; chloride of lime one pound to a gallon; Condy's fluid diluted with about forty times its bulk of water; four ounces of carbolic acid (Calvert's No. 5) to a gallon of water; or a solution of one quart of chloride of zinc (Sir William Burnett's fluid) to three quarts of water.

We subjoin a list of medical requisites you will probably require, but, in making a selection, you should obtain the advice of some medical friend, as much will depend on the length of your stay, the nature of the climate, and the size of the place, you are likely to reside in. Those who are located at some large station, would only require a comparatively small quantity of these medical requisites, as they could probably be easily procured; while, on the other hand, anyone who is likely to be placed on some island, or out-of-the-way station, far from a general store, and certainly many miles from the nearest doctor, will require even a larger list

of medicines, &c. than that we are now about to give.

Alum
Ammonia
Aloes pill
Bandages
Belladonna plaister
Bidet
Bluestone
Camphor
Carbolic acid
Castor oil
Chlorate of potash
Chlorodyne
Citrate of magnesia
Nitrate of silver
Perchloride of iron
Permanganate of potash
Podophyllin pills
Cockle's pills
Cooper's effervescing eucalyptus lozenges
Cooper's liver lozenges
Enema syringe
Fuller's earth
Glycerine
Iodine
Ipecacuanha
Laudanum
Lawton's absorbent cotton
Lint
Mustard leaves
Spongiopiline
Sticking-plaister
Sulphur
Thermometer (clinical)
,, (ordinary)
Tweezers
Zinc ointment

The podophyllin pills should be made of a quarter of a grain of podophyllin, two grains

of the extract of taraxacum, and a quarter of a grain of the extract of hyoscyamus. You will find the following, a cooling effervescing drink, and a good substitute for the renowned Eno. Take half a pound of fine white sugar, two ounces each of Epsom salts, cream of tartar, carbonate of soda, and tartaric acid, mix well together, take a teaspoonful in a tumbler three parts full of water, and drink while effervescing.

The following, is a comparative scale which may be found useful:—

LIQUIDS:—

1 minim	=	1 drop.
60 minims	=	1 drachm or teaspoonful.
8 drachms	=	1 fluid oz. or 2 tablespoonfuls
20 fluid ounces	=	1 pint.

SOLIDS.—Great danger might arise by attempting to estimate the weights of medicines, by any comparative scale as above. You should provide yourself with a small pair of scales, and legibly marked weights. Take care to obtain weights with written marks instead of symbols, so as to

avoid the chance of an inexperienced person making any mistake in weighing medicines.

Our remarks on the subject of nursing, have necessarily been very brief and imperfect, in fact, they may be taken, as simply being the *suggestions* which occurred to our minds, as we thought of many cases we had ourselves seen, and recalled to mind sundry little doubts, and difficulties, many of our friends had met with, when they were first called upon to undertake the management of a sick person.

Before concluding this chapter, we would beg everyone who would preserve her health, to purchase an excellent little book called "Number One, and How to take care of Him," by Dr. J. J. Pope; and, further, every house-wife, should most certainly provide herself with a copy of "A Hand-book of Nursing," by Catherine J. Wood, Lady Superintendent of the Hospital for Sick Children, Great Ormond Street, London.

Finally, we trust that the suggestions we have put forth in the earlier portions of this chapter, may enable many women to avoid, or,

at least, to mitigate, most of the slight ailments and discomforts attendant upon life in the tropics; and, in the more severe cases, will enable them to adopt a judicious line of treatment, until medical aid arrives.

We believe, that the meddlesome doctoring, to which women are so often addicted, is the result of ignorance, and of a thorough misconception of the principles on which the science of medicine is based. We have endeavoured, in these pages, to show what serious injury may be done to the patient, by plying her at random with various remedies, or local applications, among which, is the injudicious use of poultices, (against which we would beg every woman to wage a perpetual war,) and, we believe all women of sound sense, will see the risk they run, when they attempt to step beyond their own proper sphere and play at doctoring. Nevertheless, as we have already pointed out (pp. 182–183), it is only proper, that every woman should be aware of certain general principles, on which the more serious affections should be treated, until skilled assistance can

be obtained. If she would be of real assistance to her fellow-creatures, our friend with the medicine chest (p. 177) had better abandon the art of promiscuous prescribing, and don instead, the cap and apron of the sister or nurse.

It is needless to say, that these remarks are not in any sense applicable, to those earnest women, who, after a long course of scientific study, have taken honourable degrees in medicine; of such women, there are now many brilliant examples, and the service they render to the cause of medicine is doubtless very great.

CHAPTER VI.

On the Management and Rearing of Children.

Effects of Tropical Climates on Children.—Suckling.—Sore Nipples.—Retracted Nipple.—Milk Abscess.—Milk Fever.—How to get rid of Milk.—Weaning Children.—Wet Nurses.—Bringing up by Hand.—Native Nurses.—Danger of Children acquiring Native Habits. — Daily Life of Children. — Occupation.—Amusement. — Out-door Exercise. — Cleanliness. — Regular Habits.—Regular Meals.—Children's Ailments. — Teething. — Sore Eyes, Nose, and Lips. — Thrush.—Chafing of Skin.—Ulceration of Umbilicus. —Parasites.—Sore Throat.—Irregular Habits.—Exposure to Sunstroke.—Affections of Stomach.—Flatulence. — Stomach-ache. —Sickness.— Diarrhœa. — Dysentery. — Cholera. — Constipation. — Colic. — Measles.—Scarlet Fever.—Low Fever.—Chicken-pox. — Mumps. — Whooping - cough. — Ringworm. —

Scabies.—Warts.—Debility.—Glandular Swellings. Worms.—Foreign bodies.—Vaccination.—Timidity and Sleeplessness.—Concluding Remarks.

CHILDREN of European parentage, are difficult to rear in the tropics; their constitutions are unduly taxed by a climate which, at one and the same time, pushes forward their growth, and makes heavy demands upon their physical resources; consequently in the same manner as "forced" vegetables are generally deficient in the flavour, vigorous growth, and nutritive properties that are to be found in those that have been allowed to mature in the ordinary natural course, so do these unfortunate little "hot-house nurselings" generally lack the vigour and stamina possessed by children reared under more favourable conditions of climate.

It is the knowledge of this fact that induces parents to send their children to Europe whenever circumstances will permit of their doing so; but, unfortunately, circumstances are not always favourable to such an arrangement, when it behoves them to do the best in their

power to preserve the health of the little ones they are obliged to keep out with them.

Fortunately, the adverse influences of climate, to which we have alluded above, do not so materially affect the health of a child under a certain age,—say up to four, or five years of age,—consequently, it is only under exceptional circumstances, that a child of tender years need be severed from a parent who is unable to accompany it home.

While congratulating herself upon this fact, however, a mother must always bear in mind, that, in the tropics, every child has the disadvantage of an uncongenial climate, and of food often of inferior quality as regards its nourishing properties, to contend against, and she must make every effort in her power to counterbalance such serious drawbacks by unremitting care and attention.

It is not only in looking after the bodily wants of a child, that a mother's care will be needed; the mental training of the child must not be neglected, and the mother will have to be ever watchful to counteract, the more or

less, evil influence of native servants. One way and another, if a mother does her duty by her children in the tropics, there is but little fear of her ever wanting occupation for either mind or body, and the serious consequences entailed by an idle life, upon which we expatiated so freely in the previous chapter (pp. 180–181), are scarcely likely to apply to her case.

Suckling.—Whenever her health permits, a mother ought most certainly to suckle her child; not only is it better for the infant itself, but it is also most beneficial to the mother; if a woman be unable or unwilling to perform this duty, she will be very liable to suffer from affections of the womb and breasts which may seriously impair her health, and even cause permanent mischief. It is only in accordance with the laws of nature that a mother should suckle her own child, and, if women will persist in disobeying these laws, they cannot be surprised if both their own health and that of their children suffers in consequence. However "unequal" to the duty she may feel, a mother should at least

attempt to suckle her child, if only for a month or two. Nevertheless, there are some cases in which the breasts become greatly distended with innutritious milk, which, however, soon passes away, or in which there is scarcely any secretion of milk at all; in such cases the infant must either be entrusted to a wet nurse, or brought up by hand.

The practice of giving castor oil, sugar and butter or other laxatives to new-born babes should be avoided. When the mother has rested a little, after the labour is over, the child should be placed to the breast, which then contains a peculiar fluid called the colostrum, which acts upon the child as a natural aperient. Until the secretion of milk is fully established, the infant should only be placed to the breast at long intervals, as the constant sucking at an empty breast only irritates both mother and child. For the first two or three days, until there is a free secretion of milk, to place the child to the breast two or three times in the twenty-four hours is amply sufficient; and you need not be afraid that it will suffer

for want of food, for a few spoonfuls of milk and water, given every now and then, will be quite sufficient to sustain it until the secretion of milk is fully established; when this has taken place, the child should be put to the breast about once every two hours at first, but, after five or six weeks, intervals of three hours may be allowed to intervene.

Mothers should try and get into the habit, from the very first, of giving the infant the breast at regular intervals; if a woman gets into the habit of giving her child the breast every time it cries, her health will ere long become impaired.

In due time, also, say about the commencement of the third month, a mother should try and train the child to require the breast less at night, so that she may get a fairly good night's rest; she should give it the breast just before going to bed, and not again until the early morning.

Over-feeding an infant is a common cause of flatulence, diarrhœa, and other signs of dyspepsia. In hot countries, where the skin

perspires freely, you should never omit to sponge the whole surface of the breasts with a sponge dipped in warm water; then dry with a soft towel, before allowing the infant to suck. After taking exercise, a woman should wait until the surface of the body is cool before she places the infant to the breast. The diet during the period a woman is suckling should be non-stimulating, plentiful, simple and nutritious. Exercise in the open air, without undergoing undue fatigue, is good alike for mother and child.

Sore Nipples.—This distressing affection may often be avoided if, prior to labour, the nipples are hardened by rubbing them daily with a spirit lotion of eau-de-cologne and water, or brandy and water. Among the more common causes of sore nipples are injudicious suckling, allowing the child to be always at the breast, instead of feeding it at stated times, and the habit many mothers get into of neglecting to dry the nipple thoroughly after the child has been suckling. When in the recumbent position, and not nursing, if the nipples are

tender, zinc nipple-shields may be used with advantage. The best applications are glycerine alone, or mixed with an equal quantity of brandy; or an application composed of half an ounce each of sulphuric acid and glycerine of tannin, and an ounce of water. (Playfair.) Some people recommend borax and starch in the proportion of one part of borax to five or six of starch: the powder is to be dusted over the nipples. Do not forget, after using these applications, to thoroughly sponge the breast before putting the child to it. We have seen Messrs. Maw and Sons' Glass Nipple Shield used with great advantage in many of these cases. In all cases of sore nipples, be careful to examine the child's mouth, for, if the child has a sore mouth, it is probably the cause, and must be cured before any improvement of the condition of the nipple can take place.

Retracted nipples are generally the result of the constant wearing of tight stays. In severe cases, the only thing to be done is to let the child suck through a glass nipple-shield with

an india-rubber tube attached to it. The nipple may sometimes be elongated by a breast pump, or by means of the finger: the following is a simple plan, and we have seen its use attended with great benefit. Take a soda-water bottle, goblet or decanter, fill it with hot water, then, taking the bottle to the bedside, rapidly pour out the water, and immediately insert the nipple into the bottle, and keep the bottle closely applied to the breast; the air cooling in the bottle produces a vacuum, which draws the nipple down into it, and the milk is seen to escape from it.

Sometimes the breasts become hard and lumpy, especially at the time when lactation is about to take place. This condition is best relieved by the use of equal parts of brandy and olive oil, or of eau-de-cologne and olive oil; pour a little on the *palm* of the hand, and gently rub the breast well with the palm of the hand, *not with the fingers*. Milk abscess is unfortunately a somewhat common complication of lactation; sometimes it comes on after the milk fever, at other times it is caused by

excoriated or fissured or retracted nipples, or by a chill. Sore nipples are always to be looked upon with suspicion, on account of the tendency they have to produce abscess of the breast; and, whenever possible, you should obtain medical advice not only as to their treatment, but also as to the treatment of milk abscess, milk fever, and the other complications of lactation. We will simply state here that an abscess is usually preceded by a considerable degree of feverishness, the patient has a fit of shivering, and the breast becomes hard, swollen, and tense; "shooting pains" seem to dart through the breast, or it may be very painful over one particular portion; the discomfort increases, until, ultimately, the abscess bursts. Take saline aperients, and large doses (5 to 10 grains) of quinine; apply warmth by means of hot fomentations, or poultices of linseed meal, or bread and milk, with belladonna liniment sprinkled over them; or anoint the surface of the breast with equal parts of the extract of belladonna and glycerine, and support it by means of a sling (p. 361).

Directly the shivering fit comes on, send for a doctor without delay.

Between two and three days after delivery, when the secretion of milk is about to become established, a little constitutional disturbance may be set up. The patient feels a shivering sensation, which is followed by a feeling of feverishness, and this in turn is succeeded by free perspiration; the symptoms then generally subside rapidly. Keep well wrapped up, so as to avoid a chill; take some brisk aperient, and a little of the mixture mentioned in speaking of a cold (p. 264). The child should be applied to the breast frequently to relieve the distension which exists.

It is necessary in some cases when a mother cannot suckle her child, or, when she desires to wean it, to assist the dispersion of the milk. Saline aperients are very useful for this purpose: take a double seidlitz powder every morning for a few days. If there is much pain in the breast, rub it gently with warm olive oil, and then apply strips of lint dipped in a spirit lotion of brandy, or eau-de-cologne and

water, and cover them with a bit of waterproof. Sometimes painting the breasts with a drachm of the tincture of belladonna to an ounce of glycerine affords relief.

The period at which mothers wean their children must of necessity vary a good deal, and it is influenced more by collateral circumstances than by any hard-and-fast rule. It will depend to a great extent on the health and general condition of the mother or wet nurse. Supposing other things to be going on well, the best guide as to when a child should be weaned is the appearance of the teeth. The greater portion of the child's diet ought undoubtedly to be milk from the breast, until at least six or seven teeth have appeared. The appearance of the teeth is the surest sign that nature has prepared the child for an alteration of food. You may begin the use of artificial food once a day about the commencement of the seventh month; in due time a second meal may be given, and so the child will be gradually brought to do without the breast, and will be weaned without causing

much distress to itself, or to the mother or nurse.

If a mother is suffering from great debility, she ought not to suckle; or if the milk diminishes in quantity and nutritive properties, as denoted by the fact that the child becomes sleepless and irritable, and does not gain weight, she should at first try to suckle it partly, and give it cow's milk alternately with the breast; if the child does not improve, she must get a wet nurse, or wean it altogether. The scope of this work will not admit of our entering into all the considerations which ought to deter a woman from suckling; and, indeed, it is not a question she should attempt to decide for herself: she ought in every case to consult a medical man.

Wet Nurses.—No wet nurse should be engaged without having been previously examined by a medical man as to her bodily health and bodily fitness for the post. Native wet nurses, or, as they are called in India, "Dharies" or "Amahs," are addicted to "betel-chewing" and other nauseating practices, which it will

be necessary to compel them to forego while in your service; they are also in the habit of eating highly-seasoned and hotly-spiced food that might seriously interfere with the health of the child they might be nursing at the time. So, your attention will not only be required to the following points, but in engaging a native wet nurse the same should be fully explained to her, and her acquiescence therein clearly understood. The required conditions are—

1. That she shall be, at all times, cleanly in person and clothing.
2. That she shall eat only of such food as you shall either provide for her, or approve of on inspection; and that she shall eat in moderation. (Obtained generally from among the poorest classes of natives, wet nurses, unable to resist the temptation offered by "free rations," often have a habit of gorging themselves to repletion.)
3. That while in your service she shall abstain from the use of betel, tobacco, opium, or any other intoxicating drug.

4. That she shall at no time give any description of food, sweetmeat, or drug to the infant under her charge, except such as may be ordered by you. A common practice among wet nurses is to give a "fractious" infant a small quantity of opium for the purpose of sending it off to sleep; you must, therefore, be suspicious of any unnatural tendency to sleep which your child may exhibit.
5. That she shall *remain* at your house during her period of service, being allowed to receive visits from her relatives when necessary.

If a wet nurse is nursing her own child in addition to yours, the condition of the child may be regarded as fairly indicative of the value of the nurse; but you must take care that your own little one is not half-starved. It is usual to provide a native wet nurse with clothes, as, being generally of the poorest class, they are but ill-provided in this respect.

There is often much trouble in obtaining a

native wet nurse, and, in some countries it is almost an impossibility; so, should you be so lucky as to obtain the services of a really healthy, robust woman, you must exercise much "tact" in managing her, and be prepared to overlook many minor disadvantages and shortcomings, in consideration of the main point—*health.*

Bringing up by Hand.—When speaking of suckling, we pointed out that a child ought to be fed entirely, or almost entirely, on milk, until the teeth had made their appearance. The high rate of mortality which attends hand-feeding is due in a great measure to the fact, that so few mothers and nurses will understand that there is sufficient nutriment in milk, not only to maintain the life of the child, but also to provide for its growth and development.

Next to their natural food, good cow's milk is the best food for an infant; but it is essential not only that the milk should be pure, but that it be obtained from a healthy cow, and, if possible, always from the same cow. In hot weather, and in the tropics, the milk should

be used as soon as possible after it has been drawn from the cow. When the milk has to be kept, the vessel which contains it should be stood in ice-cold water, in the coolest place you can find, and the water should be changed frequently. In Chapter IV. (p. 133), we have explained what precautions are necessary to secure cow's milk of good quality. If the milk be found to disagree with the child, it is quite possible that it may be due to the food that the cow is feeding on at the time, for, in hot countries, where the supply of grass fails during certain seasons, cows have to be fed on cotton seeds, the leaves of certain trees, &c., which unusual foods tend to alter the flavour and condition of the milk. Before deciding to use the milk of any particular cow, you should, if possible, get a portion of it examined by a doctor, who will be able to tell you if it requires dilution; good, rich milk certainly does require dilution, but some specimens of milk will not bear it. In diluting milk the best plan is to add about one-third hot water, so as to warm the milk to a temperature of about 96°,

and then sweeten it slightly by adding a little crystallised sugar. After the first two months, less water may be added, and, ultimately, pure milk, warmed and sweetened, may be used instead.

In hot countries, milk turns sour very quickly (p. 133), and all feeding-bottles, &c., will have to be carefully scalded out with hot water; the india-rubber tubes must be cleaned out every day under your personal supervision, for native nurses are not to be trusted in these matters, and a dirty, sour feeding-bottle is a common cause of infantile disorders. The tendency of the milk to turn sour may be greatly obviated by adding a tablespoonful of lime-water to it instead of a like quantity of water.

As our great object in hand-feeding is to follow, as far as possible, in the footsteps of Nature, great care should be taken that the food of the infant be given at the same temperature as that of the mother's milk, namely, at 96° or 98°. This important particular is, as a general rule, but little attended to, and yet the temperature of the food might easily be determined,

and all possibility of a mistake prevented, by means of a thermometer. On no account should the milk be boiled, the jug containing it may be placed in a basin of boiling water, which will soon raise it to the required temperature, or, suitable milk-saucepans may be obtained of any ironmonger.

We have had oft and bitter experience of feeding-bottles; but, after a long and patient trial, we have come to the conclusion that the vexed question, which the production of a suitable feeding-bottle involved, has at last been finally settled by Mr. Cooper, of 26 Oxford Street, London, who is the inventor of the "British Feeding-bottle." We have ourselves witnessed the use of this bottle, and we know many that have used it also; all alike speak highly of it, and it is only due to Mr. Cooper to say that he has produced an article which, as a theoretical instrument, is perfect, and, as far as our experience goes, is, for practical utility, unsurpassed.

One of the most common dangers to which the infant is exposed in using the ordi-

nary feeding-bottle is that of sucking in air with the food, and this is one of the most frequent causes of convulsions; this accident, through which we nearly lost the life of one of our own little ones, is rendered impossible by the peculiar construction of the British Feeding-bottle; being electro-plated on white metal, it may be instantaneously cleaned by washing in water, and, unlike wood, ivory, or bone, it is impervious to moisture, and cannot become sour. With the cost of this excellent invention we have nothing to do here; we would only say, that were it to cost a dozen times what an ordinary feeding-bottle costs, it would be cheap and economical at the price, and, above all, it is *safe*; every mother going to the tropics ought to possess one of these bottles, fitted with the apparatus, and she should take, also, one or two spare bottles, in case one gets broken, though, indeed, this is not an absolute necessity, as one of the recommendations of this feeding-bottle is, that the apparatus which fits it, would fit equally well an ordinary soda-water bottle.

We have already stated that it is not always easy to procure good cow's milk; under such circumstances the condensed milk, in tins, will be found very valuable, but great care must be taken in preparing it for young children, as native nurses, and, indeed, many mothers also, do not follow the directions on the tin as to the proper proportions of milk and water, for infants of various ages, but give the milk insufficiently diluted with water, under the impression that, being stronger, it must necessarily be more nourishing. Our own children were reared on Anglo-Swiss milk, and throve well on it, but we were always careful not only to obtain fresh and fresh supplies of the milk from home, but to carefully follow the directions laid down for our guidance as to its preparation.

As regards farinaceous foods, you must bear in mind that, except under very exceptional circumstances, they are not to be given until the sixth or seventh month, or until the teeth have appeared, and even then, such substances as arrowroot, corn-flour, &c., which are of a

purely starchy nature, must not be given. There are so many excellent foods for infants, that it is really a difficult matter to choose between them. Rusks made out of the entire wheat flour, Revelenta Arabica, Ridge's food, Nestle's or Liebig's infant food, may all be given with advantage.

The position of the infant is of great importance, it should not be fed lying on its back, but in the semi-erect position, and the body should be kept warm. Nurses must be strictly forbidden to place the bottle beside the infant in the cradle, and allow it to suck as long as it will, for this is a common cause of distension of the stomach and dyspepsia. Be careful to feed the infant at stated times, and be very sure that the bottle is thoroughly clean. On no account is the food to be "set aside" for another time, but it must be prepared in small quantities fresh for each meal. Dr. Playfair states that the constipation which is often present during the first few weeks of bottle feeding, may be relieved by placing as much phosphate of soda as will lie on a threepenny-

piece in the bottle two or three times in the twenty-four hours.

Native Nurses. — We have seen many instances where the affection entertained by a native nurse for the child she has tended, possibly from its infancy upwards, has quite if not more than equalled that of the actual mother of the child; and we have noticed that such affection has generally been reciprocated. Cases of native servants ill-treating their little charges are so rare, that you need have no fear on that score; what, indeed, you will have to guard against is, that your child shall not suffer from the well-intentioned, but mistaken kindness of a nurse who would seldom hesitate to gratify in any way in her power the capricious whims of a child she loved, and certainly would never think of reflecting upon the wisdom of any of her actions.

It is impossible to estimate too highly the devotion with which a native nurse will often watch night after night at the bed-side of a sick child; but it would, at the same time, be most unwise to allow yourself to be so mis-

led by such devotion as to trust the management of the little sufferer to one who would not probably hesitate to let it eat a whole pot of jam rather than run the risk of making it cry by thwarting so natural a desire.

Our remarks, in speaking of wet nurses, as regards the administration of soothing drugs to a fretful child, will apply equally to the ordinary native nurse, or, as she is called in India, the "Ayah." Native women administer such drugs in small quantities to their own children, and it is difficult to persuade them that there is any real harm in such a practice. They think that when a child is suffering, it is a kindness to give it something that will soothe the pain and send it to sleep; besides which it certainly saves them a great deal of trouble in the case of a child that may be teething, and fractious under the ordeal. Fond of sweetmeat themselves, they can seldom resist the temptation to "pop" something that will keep it quiet when awake; and considering that "bazaar" sweatmeats are made up of glue, sugar, almonds, spices, &c., and

the ingredients not always of the best quality, it is not difficult to trace the true source of many of baby's ailments. Drugs and sweetmeats are, unfortunately, not the only rocks ahead in baby's experience of tropical trials; you will have to keep an equally good look-out in the matter of fruit.

As soon as a child is old enough to be placed in a perambulator, you should discontinue having it carried in a nurse's arms, as in a hot country the close contact of the child with the nurse's body keeps it in a continual state of perspiration, which is very weakening. The hood of the perambulator should be covered with a thick, white quilt, and you should be most strict with the nurse that she does not keep the child out after a certain hour in the morning. We have more than once seen infants in arms, carried along by native nurses, with nothing to protect their little faces from a burning sun, but possibly a thin silk veil, and careless mothers wonder at their children getting fever! You should never allow your children to be carried in native fashion, that

is, with legs straddled across the nurse's hip, as this mode of carrying is very liable to make a child bandy-legged.

Take care to keep your children *of all ages* with you as much as possible, for, if left to the society of native servants, not only will they most assuredly contract native habits in the way of eating, gesticulating with the hands when talking, &c.—habits that once acquired, are so difficult, often impossible, to break off —but, rapidly picking up the language, their little minds will soon become contaminated with ideas and expressions that would utterly horrify a mother did she herself understand the language of the country. If such caution is necessary with young children, how much the more will it be necessary when they grow out of babyhood, when your continued care and watchfulness will be required to keep in check that precociousness which is common to children born and reared in the tropics.

The Daily Life of Children.—Rising early in the morning, a child should be well sponged all over with tepid water, dressed in easy-

fitting and seasonable out-door garments, given a good basin of warm bread and milk, and started off for the morning walk as soon as the dew has risen from the ground.

In the hot weather it is a pitiable sight to see sometimes one or more little "toddles" wearily dragging themselves along in the track of an Ayah, who, contenting herself with assuming the rôle of "bell wether," takes no heed to try and dissipate the ennui that is so plainly visible in their preternaturally solemn-looking little white faces, and, if unable youself to accompany your children, as would be generally better for all parties concerned, you should at least send with them a servant who will not only run about and play, and keep them cheerful and amused, but who will also be prepared to carry any child who may become tired. At the same time, be it understood, we are no advocates for children who are old enough and have sufficient strength to walk, being habitually carried; such a common practice not only deprives them of the exercise needful

to keep them in health, but engenders a lazy habit.

Returning home before the sun becomes too hot, faces and hands should be washed, hair well brushed out (it gets matted and clammy under the hat-band), light in-door garments donned, and the whole party assembled in a decent and orderly manner at the family breakfast-table. Natives love to eat their food "surreptitious-like," in odd corners and out-of-the-way places, and, unless you are very careful, your children will fall into the same habit. It is most repugnant to our European ideas to see a child "sneak away" a mass of food into some dark corner, and, timidly shirking public notice, proceed to "put it away" like a little monkey, without the aid of fork or spoon —yet, believe us, this is no far-fetched illustration.

Breakfast over, the children should adjourn to the play-room for half an hour's play before lessons begin. A play-room ought to be well ventilated, light and cheerful without admitting too much glare, situated on the coolest side

of the house, and free of all furniture but two or three chairs and a table. The floor should be covered with rush, or some soft description of matting, as children are continually getting hurt with small splinters when rolling about and playing on rough bamboo matting. Young children are very fond of picking chunam from the walls or floors and eating it; this must be carefully guarded against, as also a habit they have of straying out into the open during the heat of the day.

There should be regular fixed hours for lessons, which not only serve to healthily occupy the mind and keep a child out of mischief, but, the tasks being judiciously apportioned in accordance with the individual strength, they are actually conducive to the physical development of a child by helping to promote regular habits of mind and body.

During the "dog days," perhaps, lessons may be little more than "making show," but even this should be kept up, as, however, irksome A B C may be to a child on an intensely hot day, the small mental effort thereby

necessitated, acts, more or less, as a wholesome stimulant by preventing the child's mind from dwelling on the discomforts of its surroundings; again, lessons generally induce an after inclination for play, and play before dinner gives the appetite a "fillip," which, putting aside the question of education, for we are, presumably, dealing with very young children, is another argument in their favour. A good rocking-horse, and a swing put up in the play-room, will afford much healthy recreation.

The children should always have their faces and hands sponged over, and hair brushed before going to dinner, as it freshens them up; 1 o'clock is the best hour for the children's dinner, which should be light, plain, and wholesome, and served in as appetizing a manner as possible. Quiet play, with picture books, &c., will occupy the afternoon, until the sun is sufficiently low in the horizon for the evening walk, when, after a cup of milk and a slice of bread and butter, they may be sent out to enjoy the comparatively cool evening air. Children should be encouraged to run about

and have a good romp at their evening play; the healthy exercise will aid digestion, help to restore the "tone" of the system, and ensure a good night's rest.

After the evening play is over, a substantial plain meal of bread and butter, with milk, or cocoa and milk, and occasionally a lightly boiled egg, or some wholesome home-made jam, and then half an hour's play, followed by a good sponging over in tepid water—from head to foot—prayers, and, finally, off to "bye-bye."

Children's Ailments.

Teething.—The teeth generally begin to make their appearance between the seventh and eighth month, and the process of their development may continue until the twenty-fifth or thirtieth month. This period is always justly regarded by parents as a very trying one for the infant; but the amount of constitutional disturbance and consequent danger to the infant which attends the process of teething, depends, to a very great extent, upon its general health and constitution. Some

infants who are vigorous and healthy cut their teeth in a wonderfully short space of time, and with scarcely any constitutional disturbance.

One of the earliest signs of the approach of dentition—as the process of teething is technically called—is the increased secretion of saliva which takes place in the mouth; and the saliva, pouring out of the corners of the mouth, produces that "running at the mouth" which is such an unpleasant accompaniment of dentition; the saliva running down on the child's chest is very liable, by keeping the clothing constantly damp, to give it a severe cold; to prevent this, little flannel "dribble bibs" should be worn by the infant; the bibs may be made of flannel alone, or they may be rendered waterproof by covering them with oiled silk. The little one now becomes fretful, suffers from want of sleep, and keeps putting its thumb into its mouth, the pressure on the gums thus produced seeming to relieve it; diarrhœa is often present, and in some cases there is sickness and loss of appetite.

In severe cases the gums may become swollen,

tense, and painful, so much so that the child can no longer suck; the child may toss its head from side to side, there may be twitching of the face, and convulsions may come on. The treatment to be adopted during the time an infant is teething, will depend to no slight extent on the state of the child's health. In strong vigorous children who are feverish and thirsty and suffer from constipation, a grain of calomel with two or three grains of rhubarb may be given with advantage. Everything should be done to keep the head cool, sponging the head with cold water or pouring cold water over it, is a remedy of great value, though mothers very often object to its use.* A tepid bath should be given every night at bed-time. In all cases where the symptoms produced are severe you must obtain medical aid, as it is quite possible the gums may require

* "Affusions of the head with cold water, performed every hour or two, are, it is true, a not very tender, and by parents a not much admired remedy; it is, however, very useful against all convulsions in children, and therefore against them occurring during dentition."—Vogel, "Diseases of Children," 1874, p. 106.

lancing; if there is any sign of convulsions, send off at once for the doctor, apply cold affusion to the head, and, as soon as hot water can be procured, plunge the infant in a bath of a temperature of 96°–98°. Keep the infant in the bath for a quarter of an hour, or until the fit has passed off; then dry well, and place him in hot blankets. Not very long ago we were asked by a mother, who had lost a little one in convulsions, if the child suffered any pain; it is a consolation to be able to state, that terrible though the sight of an infant in convulsions is, the little one is, during the convulsive attack, quite insensible to pain.

The practice some people have of giving infants hard, or rough substances to suck, with the idea that they favour the protrusion of the teeth, ought to be avoided, for such substances, by hardening the gums, only delay the protrusion of the teeth; and though there may be less harm in using an india-rubber ring or other soft substance, still, they are all open to the objection, that they set up an irritation in the mouth, and thereby tend to increase the

already excessive flow of saliva, and, quantities of the saliva, thus collected in the mouth, are swallowed by the child, and set up much disturbance of the stomach to which the loss of appetite and sickness is, in a great measure, often due. If the child requires a gum stick, the best one is its own thumb. Be very careful as regards the infant's diet; and if you feel any doubt as to how it is progressing do not hesitate to obtain the advice of a doctor.

Sore Eyes, Nose, and Lips.—Thorough cleanliness is the great preventive; the face, and especially the eyes and nose, should be sponged frequently with warm water, and care should be taken to wash within the nostril where particles of dust are liable to collect, and around the lips and corners of the mouth, where, if any small portions of food have been left, they will become hardened and set up irritation. Smearing the lips, eye-lids, or margins of the nostrils will often relieve the soreness. For other treatment see Chapter VI. (pp. 200–201).

Thrush.—This affection seldom occurs in

children who have been brought up for the first three or four months entirely on mother's milk, but it is more frequently the result of some error in artificial feeding. It should always be borne in mind that the tongue of an infant who is suckling is always white and coated—frosted, as it is generally called—and the mother or nurse should be careful to wipe it every now and then with a piece of dry rag.

When an infant is suffering from thrush, the mouth is hot and dry, and small white patches form on the sides of the tongue, the inside of the cheeks, and the corners of the mouth; the child is afraid to suck, often appears to swallow with difficulty, and the mouth is excessively tender.

The best thing to do is, if the child is still at the breast, to keep it to the breast entirely for a short time, or, if being brought up by hand, to keep it entirely on cow's milk; well wash out the mouth after every meal, and then apply a preparation of glycerine, borax, and honey, mixed in the following proportions—one part each of borax and glycerine, and six of honey;

some simple safe aperient, such as castor oil, should be administered. Dr. Day, in his excellent work on the diseases of children, which has been one of the most important recent additions to medical literature, says, "The syrup of roses may be given with an equal quantity of castor oil, and there are few children who will not take it. Infants of a few weeks or months old will suck readily a teaspoonful of a mixture made with castor oil, white sugar, and carbonate of magnesia, and two drops of oil of dill to the ounce; it is a good combination where there is costiveness and painful flatulence."

In some obstinate cases of thrush, where the child has been existing on artificial food alone; you will find that if it is placed with a wet nurse, it will, with due attention to the treatment just described, make a speedy recovery.

Chafing of the Skin is in very many cases due to inattention and lack of thorough cleanliness. If the whole surface of the body is sponged over twice a day with tepid water, there is but little fear of chafing taking place.

Chafing is most liable to occur where folds of skin touch; these portions may be sponged with a weak spirit lotion, which will harden the skin. When chafing has taken place, bathe the parts in tepid water, dry with a soft towel, and dust them lightly with fuller's earth, or finely-powdered starch.

Ulceration of the Umbilicus (Navel).—After birth, the nurse usually wraps the navel-string in a piece of charred rag, and then placing it against the abdomen, keeps it in position by means of a flannel binder passed two or three times round the body of the child. The navel-string comes away at a period varying from five days to a fortnight. In the meantime, should there be any bleeding from it, the nurse should at once, supposing the doctor is not at hand, remove the binder and piece of rag, and, taking two or three pieces of stout thread, should roll them together so as to form a single cord, and then tie it tightly round the navel-string; having assured herself that the bleeding has ceased, she may apply a fresh piece of rag and the flannel binder.

If the navel-string is a long time in coming away, the nurse should on no account try to hasten its removal by pulling at it from time to time, but it should be allowed to separate quite naturally; if, after it comes away, a sore ulcerated surface is left, a simple bread poultice (p. 368) may be applied at night-time, and the part dressed with a little simple ointment.

Umbilical rupture, or bulging of the abdomen at the navel, is liable to occur, especially if the child cries violently, or if the separation of the navel-string is improperly hastened. When there is any indication of such an accident, you should send for a doctor at once; but if much time is likely to elapse before a doctor can be obtained, or before the child can be taken to a doctor, you should take a penny, wrap it up in lint, and envelop the pad thus formed in sticking-plaister, so that the sticky side will be next the abdomen; then place one or two broad bits of plaister over the pad to hold it in position, and pass a broad domette bandage (p. 280) several times round the abdomen. This should be

done at once, as every day the rupture is left untended it becomes worse.

Parasites.—When engaging a wet nurse, you should, while insisting on general cleanliness, be very particular to explain to her that she must keep her head thoroughly clean. In the tropics, unless the most scrupulous care be exercised, children are very liable to be troubled with parasites. The best treatment is thorough cleanliness and the use of weak mercurial ointment, or of ammoniated mercurial ointment, which must be well rubbed into the skin of the part affected. Those who object to the use of mercurial ointment may use an application composed of one part of oil of staves-acre seeds to six or seven of glycerine; another excellent application, and one we have seen attended with much benefit, is a lotion composed of a drachm of the solution of the perchloride of mercury to an ounce of dilute acetic acid; this application, besides killing the parasite, has the advantage of also removing the nits which are apt to cling to the hair.

Sore Throat.—One of the most common causes of sore throat in young children is the foolish habit many nurses have of wrapping up the throat too much. In the majority of cases, the more the throat and neck is left open, provided the child wears flannel beneath, the less will be the tendency to sore throat. This is one of the arguments in favour of the "sailor dress" worn so much by little boys now-a-days. Further remarks on the prevention and treatment of sore throat will be found in the preceding chapter (pp. 201–205).

Irregular habits as regards the natural functions in infants is often a cause of great distress both to mother and child. It is, in many instances, the result of carelessness on the part of the nurse. An infant of three months old ought to be "held out" at least once every two hours; and if this treatment is persisted in, the intervals may be gradually increased, and diapers dispensed with by the fourth month in favourable cases. If a child of less tender age is the subject of irregular habits, you ought to consult a doctor, as in

many cases they depend on some slight congenital defect, which will require a simple operation, on the performance of which relief will almost immediately follow; should an operation not be necessary, a course of medicine will be required. The preventive measures consist in being careful to attend to the natural functions before the child is put to bed; in abstaining from giving the child fluid immediately before it goes to bed; and preventing it from lying on its back, by tying a handkerchief round the body with a knot opposite the spine. Cold bathing, in salt water if possible, and the uses of iron and other tonics, will be beneficial.

Exposure to Sunstroke.—We have already alluded to the habit little children have of running out from the nursery or play-room into the open, where they are exposed to the full heat of the sun; you should give strict orders that no child is to be allowed to go out of doors without your permission, for a temperature which a native child might readily bear would, in many instances, be productive

of most serious results in a European child. Children, whether on foot or in perambulators, must have their heads and the back of the neck carefully protected from the sun's rays. Be very careful to have the play-room, nursery, and bedrooms thoroughly ventilated, and let the clothing worn be as light and loose as possible (pp. 26–27). The treatment of sunstroke has been described (pp. 185–189) in the previous chapter. Whenever you have any suspicion that a child is suffering from the effects of extreme heat, send for a doctor without delay.

Flatulence and Stomach-ache are among the troubles of baby's life; they are, in cases where the infant is fed on artificial food, often caused by errors in its preparation, or in the nature of the food, and, *in many instances*, from over-feeding. A small dose of castor oil, or other mild aperient (p. 414), will often put an end to the discomfort. An excellent preparation is one composed of a drachm of sal volatile to three ounces of water; the dose of this is a teaspoonful; or, a little dill water may be added to the food, or, caraway

tea, made by boiling caraway seeds in water, then straining, is often very beneficial when added in small quantities (one or two teaspoonfuls) to the food. Rubbing the abdomen with the palm of the hand, into which a little warm olive oil has been poured, usually affords great relief; where there is much discomfort, give the child a warm bath.

Sickness.—Should an infant suffer frequently from sickness while it is still suckling, and yet appear in other ways quite vigorous and healthy, the cause is, probably, that it is placed too often to the breast, consequently, the stomach becomes over-loaded, and the milk is not given time to digest, before the child is again placed to the breast. If the infant appears to be getting less vigorous, or if it is losing weight, you may judge that the milk is disagreeing with it, and that the mother or wet nurse has been guilty of some error in diet. In such cases a mother, or wet nurse, should change her diet ; if, however, the mother is in good health, the cause must be sought either in the artificial food, if the child is taking

any, or in the child itself; it may be that the period of dentition is approaching. If the means we have stated above, and a mild aperient, do not afford relief, you should obtain medical advice.

Diarrhœa.—This affection is, in the case of children, liable to be attended with such serious consequences, that, should it last for any length of time, or assume a severe form, you must not, on any account, attempt to treat it yourself, if, that is, the services of a medical man can be obtained.

The most common causes of this complaint are exposure to a chill, over-feeding, carelessness as regards the preparation of the artificial food, and the cleanliness of the feeding-bottle, or eating over-ripe fruit, or too much fruit, and impure water. Fortunately most of these dangers may be combated by due care and attention; nevertheless, in spite of all your care, an infant, especially in the tropics, is sure to be troubled with this complaint.

Dentition (teething), is usually accompanied by diarrhœa, and, in these cases, it has a

decidedly beneficial action, provided it does not go on to any great extent. In very many cases, there is no doubt, that it is an effort of nature to expel some irritating material, and should by no means be hastily checked. The best thing to do is to give a dose of castor oil, let the child take lime-water with its milk, and if its teeth have not yet been cut, suspend all farinaceous food, and keep it on an entirely milk diet; or it may be given a little chicken broth now and then. Beef tea, which is, as a rule, very good for young children, should be given with caution, as it often increases the diarrhœa; the good effect of giving up the administration of beef tea is sometimes very marked. Barley-water may be substituted for milk for a short time.

There are undoubtedly many cases of diarrhœa which are due to extreme heat; this form is called "heat diarrhœa," and is very common in tropical countries; we have seen the "cold-bathing treatment," introduced by Dr. Comegys of Philadelphia, followed by most beneficial results. It is resorted to in those

cases where the temperature rises rapidly, and the child suffers from intense thirst and headache and can procure no sleep. "The bath is first at the summer temperature of 75°, the feet and legs are first gradually immersed, and then water is poured over the chest and abdomen until the whole body is under water. Colder-water (65°) is then poured in a continuous stream over the upper part of the head, and this is kept up for fifteen minutes; when the child is removed from the bath it is wrapped in a woollen shawl and placed in bed with additional covering. If the symptoms return, the bath may be resumed three or four times a day." (Day, on Diseases of Children.) Give the child milk and lime-water, barley-water, and chicken broth. In more chronic cases great benefit will result from change of air, bathing in salt water, and the use of quinine and iron tonics. Let us repeat, then, that you must not check diarrhœa by giving astringents: in all cases give first a small dose of castor oil; where there is much exhaustion, a little wine given in milk, or a small quantity

of brandy given in some effervescing drink, may be useful; but, as a rule, stimulants should be avoided.

In cases of supposed diarrhœa, when the motions are very watery, or when they are slimy, and passed with much straining, suggesting cholera or dysentery, adopt the simple treatment we have indicated, and lose not a moment in sending for a doctor.

Constipation.—We have already, in Chapter V. (p. 208), dwelt very fully upon this subject; but you should bear in mind that in the case of children, before resorting to medicines, you should do all you can to correct the disorder by natural means. In young children, the use of good chicken or mutton broth, or beef tea, in the place of starchy foods, will be beneficial. Oatmeal porridge once a day, prunes, treacle and oatmeal biscuits—obtainable from Messrs. Macalpine & Co., 287, Oxford Street—a preparation of two drachms of manna to an ounce of dill water, of which a teaspoonful should be taken every three hours, or small doses (5 to 15 or 20 grains) of compound

liquorice powder of the German pharmacopœia, are all safe and excellent laxatives; and these, combined with plenty of exercise, and cold bathing every day, will in most cases set matters right. Rubbing the abdomen with warm olive oil for half an hour at night-time is an excellent remedy in young children.

Colic is a frequent accompaniment of constipation: while the pain is severe, most relief will be afforded by applying flannel wrung out in hot water to the abdomen (p. 360), or giving the child a hot bath; after that, a dose of castor oil or an emetic is the best treatment: if relief does not ensue, you must obtain medical advice. Colic may be due to constipation, or to eating unripe fruit, or to other indigestible substances. Where the colic is of frequent occurrence, and no reason in the way of having taken indigestible food can be assigned for it, weakness is probably the cause, and a tonic of quinine or iron will be of great service.

Measles.—This affection usually begins with the symptoms of a severe cold. The child has running at the nose and eyes, smarting of the

eyes, the skin is dry, there is loss of appetite, feverishness and unrest. About the fourth day after these symptoms are first noticed, an eruption of raised brownish-red spots, which coalesce and form slightly-elevated blotches of a cresentic shape, appears at first near the roots of the hair and forehead, then over the face and neck, and subsequently over the whole body. The temperature usually falls, and the feverish symptoms abate on the appearance of the rash. As the rash appears on the trunk and limbs it begins to fade on the face, and between the fifth and seventh day it disappears entirely, when the skin begins to peel, coming off in small branny particles.

The treatment consists in keeping the child in bed, out of the way of all draughts, giving a mild aperient and light diet; a warm bath will relieve the dryness of the skin; and the child may drink freely of barley-water flavoured with lemon, or other cooling drinks. As a rule, no medicine is required; but if the skin continues parched and dry, you may add an ounce of the solution of acetate of ammonia (liquor

ammonia acetatis) to four ounces of water, and give a teaspoonful every two or three hours. The great feature of the treatment is careful nursing, and to keep the child warm and out of the way of draughts, not only during the febrile state, but for three or four weeks after.

After the attack is over, give the child a simple tonic. This affection is, in itself, not so dangerous, but its chief danger rests in the serious affections which may follow in its train, diarrhœa and affections of the lungs and skin being among the most common. In all these febrile affections you should send for a doctor, and especially if the temperature rises instead of falls, after the rash has appeared—that is, about the fifth day.

Our experience of this affection in the tropics has shown us that, though it is not so common as in England, when it does occur in a hot country it takes a severe form, and the evils we have mentioned as following upon it are liable to be of an exaggerated type. This being so, it behoves every mother to isolate the little patient as much as possible, so as to avoid

exposing the other children in the house to the danger of catching the complaint.

Some mothers who have only seen the disease in its mild forms, and when it has not been followed by any serious state of ill-health, are apt to scoff at the idea of there being anything to dread in measles, and they will often permit their children to associate with other children who at the time have measles, or are just recovering from them. We know of one case in particular, in which a mother actually permitted her child to sleep in the same bed as one that had measles, because, she said, "it was better for the child to have them while it was young." It is needless to say that the child got the measles, as the mother desired, but an acute affection of the lungs supervened, and the little one was carried off by it in a very few days. This was not the first child that she had exposed to such a risk; but the comparative immunity of the others had caused her to persist in her heroic system, with what result we have just seen.

Scarlet Fever or Scarletina.—These terms

are used to designate the same disease. This affection comes on somewhat more suddenly than measles, and the chief points prior to the eruption, which distinguish it, are the persistent sore throat, and the vomiting which usually immediately precedes the onset of the attack.

We have in our minds, as we write, the case of a little boy who had been feverish and "out of sorts," and had complained of sore throat; still there was no particular symptom, so far as general observation went, to point to anything serious being the matter, and it was supposed he was suffering from an ordinary "cold" and sore throat; until, one day, the little fellow was putting on his boots to go out, when, as he was stooping down to fasten them, he felt very sick, and vomited, and, in a short time, the rash of scarlet fever appeared. The little patient was put to bed, and fortunately made a rapid recovery. This case is of value as showing the very insidious way in which the milder forms of scarlet fever may come on.

The eruption of scarlet fever usually ap-

pears on the second day, and consists of minute red points which appear about the neck and face, and then extend to the trunk and limbs; after ten or twelve hours the red points seem to run together and the skin presents a general red blush, the little patient now assuming, as regards colour at least, the appearance of a "boiled lobster." The eruption usually begins to decline about the fourth day, when the soreness of the throat diminishes, and the general constitutional symptoms abate. Subsequently the skin begins to peel, and may separate in large flakes; at this time the body of the patient should be sponged carefully with glycerine and olive oil. Rest in bed, mild aperients, cooling drinks, and judicious nursing, with due attention to the precautions we have mentioned in speaking of infectious cases in the previous chapter (p. 352) is the best treatment.

Unfortunately, the real sting of scarletina rests in the very serious complications and affections which may arise during its course, or follow upon it. We trust what we have said may

enable you to recognise the disease when it comes, and will also convince you of the necessity of sending for a doctor without delay.

Typhoid, Enteric, or Low Fever.—This disease is due to defective drainage, and is generally the result of drinking contaminated water, or milk diluted with much water. It affects children and young people far more frequently than older persons, and its approach is infinitely more insidious than that of scarlet fever.

The patient experiences a peculiarly indescribable sensation of malaise; a very little tires him out; he does not relish his food, though there may be no actual loss of appetite; his sleep is not sound, he is irritable and peevish, and a very little upsets him, he feels nervous and is easily frightened; in fact, he has an obscure sense of something being generally wrong, though he could not express to you in words what he actually felt; he has peculiar uneasy sensations in the abdomen, more often on the lower part of the right side, where

pressure may produce pain; there are irregular chills and flushes of heat, with thirst; sometimes the bowels are confined, at others there is diarrhœa; the face assumes a waxen hue, and a bright rose-blush pervades the cheek, contrasting markedly with the waxy hue of the skin around; the eyes seem to sink into their sockets, and the lips are kept more or less tightly closed, the face assuming a generally anxious aspect; the diarrhœa (if it be present) may become more profuse, and the patient, at last feeling "too weak" to remain up, takes to his bed. If the temperature is taken, it will be found to fall in the morning and rise again at night, each night rising higher, until the fifth to seventh day after the more acute onset of the symptoms, when it rises to 103° or 104°; it remains high for a few days, and then gradually falls as it rose in the first instance, rising less high at night, and falling lower each succeeding morning.

About the second week an eruption of rose-coloured spots, slightly raised above the rest of the skin, makes its appearance on the

chest and abdomen; the spots disappear on pressure, but return again on removal of the pressure; the patient now passes into a state of profound weakness and exhaustion, and may become delirious, the delirium being of the low muttering type. We need scarcely tell you to send for medical aid directly you have any suspicion of typhoid fever. If, however, such aid cannot be obtained, give a dose of castor oil; keep the patient quiet in bed, and remember that milk, and milk alone, must be the stay upon which you will rely in the matter of diet; if diarrhœa is present, *do not give beef tea.* Beyond the castor oil given at the first, do not give any medicine.

As it may be necessary to give large quantities of brandy at a later period, it would be well to give a teaspoonful in milk, two, or three, or four times a day, according to the age of the patient. If the temperature reaches 103° or 104°, and remains high, and there is great exhaustion, you must give from two to six or eight ounces of brandy, or even more, in the course of the twenty-four

hours. We saw a lad, fourteen years old, recover from a case of typhoid fever, who took as much as ten ounces of brandy in the twenty-four hours with advantage. When the temperature falls, the amount of brandy must be lessened. You must abstain from giving alcohol in any considerable quantity as long as possible, but, when the necessity arises, if it is to do any good, you must give it in full doses.

The patient's thirst may be relieved by sucking ice, or taking iced milk, or milk and soda. Do not attempt to give the patient any solid food until the temperature has subsided, and has remained normal (98·5°) for at least a fortnight. If vomiting comes on, and the patient cannot retain food, give the stomach rest, and resort *early* to nutrient enemata.

This disease is very rare in children under six years of age. Remember, many of the so-called bilious fevers, and worm fevers, are only forms of this complaint, and, in any case of doubt, we beg you to seek medical aid at once. We have seen many, very many cases of this malady, and we trust

you may never be exposed to the terrible ordeal of treating such a case without the aid of a medical man. True, it is, this fever is just one of those diseases in which the nursing is everything; but it is the very fact that we can *do* so little, that we have to wait and watch and hope, and nurse in spite of all the terrible symptoms the patient exhibits, that makes the disease so distressing. Only those who have had to tend such cases without the help of a medical man, can understand what an immense responsibility and anxiety they entail.

Remember, the danger of infection is from the excreta, so be very careful to disinfect anything that comes from the patient. Let no one in the house partake of the water without boiling and filtering it, and carefully disinfect all closets and drains.

Chicken-Pox.—This is a very mild complaint, and is unattended with any danger. The child is feverish, and suffers, perhaps, from loss of appetite. About the second day an eruption of small red pimples appears, first on the back and chest, then extends to the scalp, but, as a rule,

only slightly affects the face. The pimples change into vesicles (*i.e.* clear fluid is formed within them), and, on the third day, they mature and burst. As the eruption comes out irregularly, it may be seen in all its stages in different parts of the body at the same time. Confine the child to bed, give a mild aperient, and a little of the solution of the acetate of ammonia (pp. 427–428). Let the diet be fluid and easily digestible, and give cooling drinks if thirst is present.

Chicken-pox may be distinguished from small-pox by the fact that the premonitory symptoms are so slight, there being, as a rule, no severe pain in the back, or vomiting. The position and nature of the eruption is also different, chicken-pox affecting the back more particularly, the face usually escaping, while small-pox affects the face more especially. In chicken-pox the various stages of the rash may all be seen on the same day; while in small-pox the rash is, either, papular (consisting of simple raised spots), vesicular (containing fluid), or pustular (containing matter), none of these

varieties appearing in the same person at one and the same time. In the papular stage, the papules of small-pox feel like "small shot" beneath the skin. Chicken-pox may be told from prickly heat by the nature of the eruption and its position (pp. 243–244), and by the absence of the extreme irritation which is present in that affection.

Mumps generally come on with slight feverishness, loss of appetite, and a feeling of stiffness about the jaw, which seems fixed, and the child eats with difficulty; soon, swelling of the glands behind the jaw ensues, and the tension causes considerable pain. Apply spongiopiline dipped in hot water, or warm poppy fomentations, give a mild saline aperient, and keep the child on a milk diet. The affection will pass off in a few days, when a tonic of iron may be given.

Whooping-Cough.—This affection begins with the usual symptoms of a bad cold, and unless there is an epidemic of whooping-cough, you may not have any suspicion of the real nature of the complaint until the characteristic

whoop is heard. The symptoms gradually increase in severity, until, at last, the child, instead of coughing occasionally, is taken with a violent fit or paroxysm of coughing, during which he coughs so much and so long, and *expires* so much air from his lungs, without *inspiring*, that he gets blue in the face, the veins of the neck become distended and prominent, and the child seems to be *battling for breath*; at length the air is drawn in by a sudden sharp inspiration, and the characteristic *whoop* is produced. The child then coughs up some glairy sputa, or, sometimes, vomits, and the paroxysm is over.

If the paroxysms do not exceed fifteen or twenty in the twenty-four hours, the case may be regarded as a mild one; but when they exceed forty it is certainly very severe. The paroxysms of coughing may continue with diminishing frequency, from three to twelve weeks, and, in some cases, it may be many months before the child shakes off the attack. In all cases of whooping-cough you should send at once for a doctor.

Keep the child in the house, if not in bed, and in as equable a temperature as possible; let him be clothed in flannel, and let the diet consist of beef tea, chicken broth, eggs, milk, &c., in fact, any light and easily-digestible food; bread should be avoided unless in small quantities and soaked in milk. Give a mild aperient; otherwise, beyond a few drops of ipecacuanha wine given in water occasionally, you need not give any medicine unless it is prescribed by the doctor.

Ringworm may appear on the face or on the scalp; any child who is suffering from it should be immediately removed from the society of others, as among children the disease is likely to spread very rapidly. When it occurs on the face it appears as a red patch, slightly elevated above the rest of the skin, which increases in circumference; gradually becoming more markedly circular, it may increase to the size of half-a-crown or more; as its area increases the inflammation subsides in the centre, and this part shows signs of peeling, so that the central non-inflamed part is surrounded by a circle of

inflammation, hence the peculiar appearance and name of the affection; in some cases the outer margin becomes beset with small vesicles.

When the disease appears on the scalp, it simply consists of a scurfy lump involving the roots of the hairs, and if the scurf is removed, the hairs are found to be swollen, brittle, and they drop out easily. Any of the applications mentioned in speaking of Burmese ring-worm (p. 246) may be tried with advantage, the patches must be carefully washed every day with carbolic soap, and, when the scalp is affected, the scurf must be carefully cleared away, the hair round the affected part kept cut short, and such hairs as may still remain within the affected area, must be daily removed. Considering how difficult it is to treat these cases successfully—they often extend over three months—you ought most decidedly to obtain medical advice as soon as you can.

Scabies, or Itch, is recognised by the appearance of a papular eruption, between the fingers and toes, in the arm-pit, at the bend of the elbow, or over the body generally. The papules

form vesicles which burst, and a thick crust or scab forms over them. Wash the child in warm soap and water at night, then well rub the parts affected with the sulphur and potash ointment of the British pharmacopœia, or the ordinary sulphur ointment, and let the child wear a flannel suit to prevent the ointment rubbing off; three or four applications on successive nights will often be necessary.

Warts are best got rid of by touching them with strong nitric acid. Dip a piece of wood in some olive oil, and apply it freely to the skin, up to, and around the wart; then dip another piece of stick into the nitric acid and apply it to the wart: a few applications will remove it. You will only require a very small quantity of nitric acid; be sure and keep it out of reach of the children, and, when you do not require to use it any more, you had better empty it away, as it is not an article you should keep about.

Debility.—It is impossible to discuss this affection at any length in these pages; only, let us put you on your guard, and when you

see a child fond of sleep, preferring to lie down and rest quietly to joining in the amusements of others, when he loses colour, and his face has a "peaky" look, and he does not seem to take his food heartily, and there is attendant constipation, do not let the child "drift" into a diseased state; take medical advice, and send him away for a change of air if possible. When glandular swellings in the neck occur, bathing in salt water, or Tidman's sea salt, together with tonics of iron and quinine, or of the syrup of the iodide of iron (five to thirty drops) with cod-liver oil will be of great service.

Worms.—In a child that is suffering from these unpleasant visitors, the appetite is capricious — sometimes voracious, at other times very slight—the sleep is disturbed, the breath is foul, and the motions slimy; the little patient suffers from intense local irritation, and soon becomes emaciated. When these symptoms make their appearance, consult a doctor at the earliest opportunity. Take care that all food is well cooked and easily

digestible; do not allow the child to take over-ripe or unripe fruit, and insist on his taking plenty of salt with his food.

Foreign Bodies.—If, when a child is eating, a substance gets fast in his throat—in other words, he chokes—you must pass your finger as far down his throat as you can, and if you can feel the substance, should it be food, pass it downwards towards the stomach; but, if it is a hard substance, try and hook it up; should you not be able to move it, place the child on his abdomen, taking care that the head is on a lower level than the stomach, and give two or three smart slaps on the back; if you do not succeed in dislodging the substance by this method, you must then irritate the back of the throat with your finger until vomiting is produced and the substance is expelled. In some instances it may be necessary to give an emetic.

If a foreign substance gets into the eye, the best plan is to roll a piece of paper up so as to form a fine point; then, holding down the lower eye-lid, you will generally be able to

remove the substance; sometimes, instead of the paper, the corner of a silk handkerchief will do as well. If any inflammation remains, bathe the eye with warm water, and shield it from the light.

We have already, in a previous chapter (pp. 192–193) described the treatment to be followed when a foreign substance gets into the ear.

Vaccination.—About the third month is the best time, provided the infant is in good health, to have this slight but absolutely necessary operation performed. Every child should be re-vaccinated after seven years, or before that time if an epidemic of small-pox is threatening.

Timidity and Sleeplessness.—The dread of being in the dark, which so many children suffer from, is not a natural fear: it is nearly always traceable to some cruel or thoughtless indiscretion on the part of the nurse. Any nurse detected frightening a child with stories of "bogies" or "rats," or shutting up a child in a dark room as a punishment, should meet

with instant dismissal. This dread of being in the dark, when once established, is a *genuine* fear, and the little one, if left to himself, *really does suffer dreadfully*. It is impossible to say how far-reaching the results of injudicious treatment of this kind may be: a child's disposition may be entirely altered by it, and he may remain nervous, excitable and timid for the rest of his life.

Harshness in dealing with such cases is worse than useless; the best plan is to sit by the child until he goes to sleep, and leave a light burning all night; and, until he gets less timid, either you or someone you can trust should be at hand to go to him, if he starts up screaming in the night, as in bad cases of this kind children often will do. You must make every effort to calm and re-assure him, for in due time the lack of proper rest at night will tell upon his constitution, and he will probably fall into a state of general debility. Soon, however, under judicious treatment, the little one will get to know that there is no more danger at hand at night than

in the day; and in a comparatively short space of time he will no longer need a lighted candle in his room, but will sleep soundly through the darkest night.

We have now submitted to our readers a fairly long list of "Tropical Trials," ranging from the anxiety and chaotic confusion which besets a woman when she first learns that she has to "start" for the tropics, down to baby's dread of sleeping in the dark.

During a residence in the tropics which extended over several years, it fell to our lot to experience many acute forms of these "trials," and the methods suggested for their relief are, for the most part, those which we adopted in our own person, or saw adopted with success by others.

If this book shall save our readers some of the discomforts we experienced, and lessen to them the sting of tropical trials, it will have amply served its purpose.

When you have once got over the "wrench" caused by parting from your old home and

friends, and become accustomed to the strangeness of your new surroundings, you will find that time in the tropics will pass much more quickly and pleasantly than you might have supposed possible. The more or less isolated position people occupy in the tropics, tends to the development of a greater amount of interdependence than exists in the old country; and society in such countries is made up of a community of interests, rather than of a mere contiguity of persons.

Slowly, perhaps, but surely, if you face them boldly, the troubles and annoyances of tropical life will vanish before you, and a subtle web of associations will gradually be woven about you, until, perhaps after many years of useful and diligent life in the tropics, when duty compels you to return to the old country, you will find that, quite unbeknown to yourself, you have become enthralled by the fascinations of tropical life, and that you are united to the new country by a chain composed of numerous links, the severing of which must necessarily cause many a pang.

The lasting effect thus produced will be observable in many little details in the arrangement of your future abode; and, here and there, contrasting strangely with more commonplace objects, will be seen many "tropical trophies," the sight of which will, not unfrequently, cause you to heave a sigh as you call to mind the many pleasant hours of peace and happiness that were spent by you in your "Tropical Home."

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